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Whether you're looking to dine nearby or venture to a restaurant a little out of the way, here are four fab eateries in various necks of the Valley.

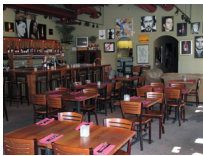


Giant Coffee

Move over, Starbucks: Phoenix residents are looking for a local niche to call their own. Giant Coffee, owned by local restaurateur Matt Pool, is brewing up the perfect a.m. (or p.m.) blend. In addition to hot honey vanilla lattes and cool chai teas, this cash-only organic coffeehouse serves freshly baked morning pastries and afternoon sandwiches and salads.

1437 N. First St., Phoenix, 602.396.7215.

Sweet Treat: Work put you in overload? Break for an afternoon pick-me-up of fresh-brewed tea and scones.



D'Vine Wine & Bistro

This Mesa wine bar offers 40 different varietals by the glass and dozens more by the bottle, so everyone in the group is bound to find a sip they'll enjoy. To pair with the vino, the menu's nightly specials, which may include filet mignon, scallop salad and homemade pasta, never disappoint. 2837-101 N. Power Rd., Mesa, 480.654.4171, www.dvinewine101.com.

Strong Start: D'Vine's fruit and cheese platter provides a satisfying nibble while still saving plenty of room for the main course.



Bryan's Black Mountain Barbecue

Nothing brings friends together better than barbecue— so grab the gang and head to Cave Creek's finger-licking hot spot. Whether you're dining alfresco under the stars or indoors around the picnic-style tables, Chef Bryan Dooley is cooking up barbecue his way. Choose between beef brisket, pulled pork, ribs and more, all prepared regular or spicy with baked potato salad, coleslaw, beans, French fries or potato chips. 6130 E. Cave Creek Rd., Cave Creek, 480.575.7155, www.bryansbarbecue.com.

Meat-Free Meal: Vegetarians don't need to fear barbecue any longer. Bryan's offers a pulled squash sandwich that is tasty and filling.



Nourish

For those with delicate dietary needs, Nourish, located on the ground floor of Scottsdale's Optima Camelview Village, serves up healthy, guilt-free options. Catering to those who prefer vegan, vegetarian or gluten- and lactose-free entrees, the chef designed an easy-to-decipher menu (thanks to its color-coded circles) that includes everything from tapas and salsa to sweet teriyaki burgers and eggplant Parmesan. Optima Camelview Village, 7147 E. Rancho Vista Dr., Scottsdale, 480.684.2233, www.nourish123.com.

Dinner To-Go: Forget quick-fix dinner ideas and opt for the restaurant's personalized dietary plan, "Nourish Healthy Eating Plan."