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Six Nashville spots to try for delicious summer flavors

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Summer eatin' in the city: So many delicious possibilities! From hot and spicy to cool and creamy, I've assembled a round-up of some terrific new sips and bites I've had in my travels around town. It's a fun and flavorful way to leave Nashville without actually leaving.

Taste of the tropics

How about Hawaiian Izakaya? Head to The Hart for Japanese pub style fare, influenced by flavors of the aloha state, served in a modern minimal, yet foliage-rich setting. More than poke bowls: Partners Ryan Costanza and Rick Margaritov have assembled a creative menu of hand rolls, salads, sandos and savory plates prepared on the binchotan, or charcoal grill, with plenty of compelling options.

I was wowed by their cold ramen noodles. The strands are bathed in broth, known in Hawaii as saiman, with radish, cucumber, green onion, sugar snaps and wafer thin slices of Broadbent ham folded throughout making a cooling yet invigorating summer meal.

More tropical notes: I haven't gotten there yet but I'm intrigued by chef Brandon Frohne's pop-up in Berry Hill, Wildcat BBQ. Rum-guava-glazed baby back pork ribs finished with coconut and sliced Fresno chilies? Oh, my!



The Hart serves cold ramen noodles. Nancy Vienneau / For The Tennessean