

NECTAR & PULSE®

LIFE IS A JOURNEY



Hello curious soul,

Nectar & Pulse is your number 1 source for curated travel and lifestyle tips.

We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

#NECTARANDPULSE @NECTARANDPULSE



WWW.FACEBOOK.COM/NECTARANDPULSE



[@NECTARANDPULSE](https://www.instagram.com/nectarandpulse)

Have you already seen our other guides to Toronto, Zermatt, Ibiza, London, Iceland, Oman, Maldives ... ?

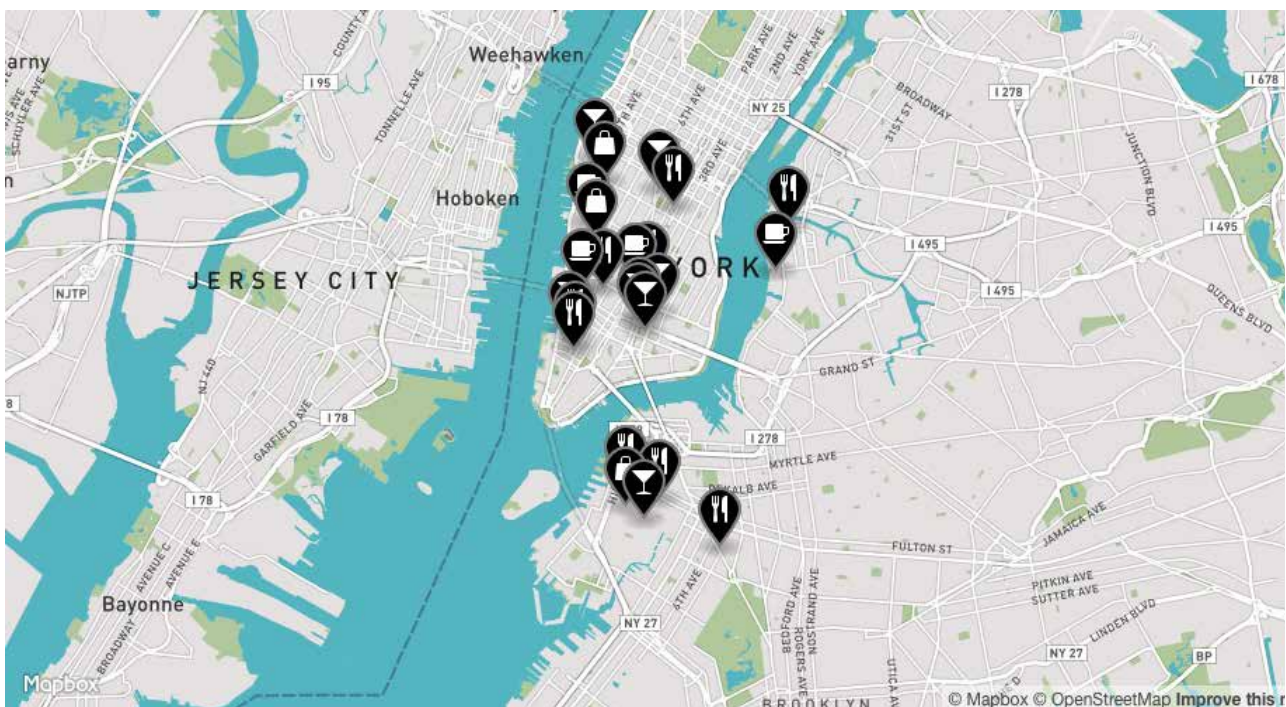
WWW.NECTARANDPULSE.COM

24 HOURS IN

New York

BY CARLY DEFILIPPO

Creative Strategist | Food Lover | French Soul



MY PERFECT 24 HOURS IN NEW YORK

I like to start my day early and biking is my transportation of choice. Ideally, my first destination would be one of the city's outstanding bakeries—mostly likely **Ovenly** or **High Street on Hudson**—for a scone or a crusty loaf. But true bakery heaven is **Lafayette**. Housed inside one of the city's most beautiful restaurants, this bakery is overseen by one of the city's most talented young pastry chefs, Jennifer Yee. Don't miss her eclairs, petits beurrés cookies and wide assortment of traditional French loaves. Craving a coffee? Nowhere crafts a more masterful Flat White than **La Colombe** which boasts multiple locations throughout the city.

From there I'm all about wandering—whether window-shopping in **Cobble Hill**, gallery-hopping in **Chelsea**, or simply strolling the maze-like streets of the **West Village and Tribeca**.

Eventually, I like to pause for a quiet, late afternoon lunch at one of the city's small, creative restaurants—like **Glasserie**, **French Louie** or **Navy**. Make sure you treat yourself to some delicious ice cream from **Morgenstern's** - it's one of the city's most eclectic ice cream shops, with quirky design to boot. Their salt + pepper pine nut, Szechuan peppercorn chocolate, and Vietnamese coffee ice creams are all worth the detour—so plan on visiting more than once!

From there, I'd bike home for a quick shower, then head back out for drinks at a creative cocktail spot— like **Leyenda**, **The NoMad Bar** or **Attaboy**. If you're more in the mood for a nice glass of wine, I'd recommend **Terroir**: this wine bar is helmed by one of the city's most influential wine experts, Paul Grieco. Stop by for a flight of Riesling or the opportunity to try a number of unusual and rare wines.

Before you go on exploring NYC nightlife, grab a bowl of bottarga spaghetti at **Upland**, share the whole caramelized red snapper at **Khe'yo**, or keep things simple with a bite at **Long Island Bar**. The latter is owned by beloved NYC bartender Toby Cecchini and is a true local's spot. With its old-school bar stools and booths, meticulously crafted drinks and what I'd argue is the best burger in NYC, it's no wonder this watering hole boasts some of the city's most loyal regulars.

To finish off the night, there's nothing better than live music—ideally at the **McKittrick Hotel**, **Bowery Ballroom** or **Rockwood Music Hall**.

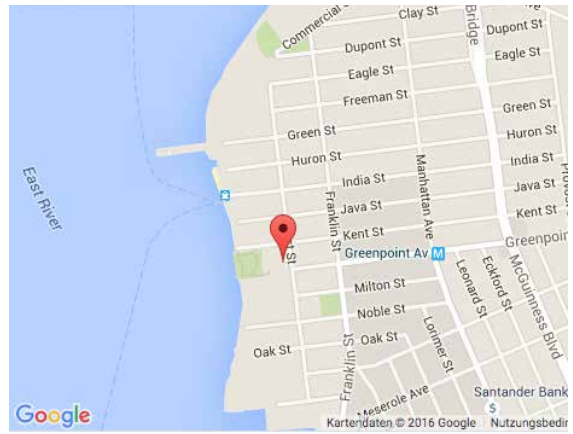
*Enjoy exploring,
Carly*

OVENLY

CAFÉ

31 Greenpoint Avenue, Brooklyn, New York, USA
www.oven.ly

This Greenpoint bakery might be the best smelling shop in the whole city. Don't miss their unmatched scones in flavours like blue cheese/pecan and cheddar/mustard..



HIGH STREET ON HUDSON

CAFÉ

637 Hudson Street, New York City, New York, USA
www.highestreetonhudson.com/

High Street on Hudson is THE breakfast spot for me right now – I love everything they conjure up on your plate!



LAFAYETTE

CAFÉ

P380 Lafayette Street, New York City, New York, USA
www.lafayetteeny.com

If you have a sweet tooth you'll never want to leave this place.



COBBLE HILL

SHOP

Cobble Hill, Brooklyn, New York, USA

From the boutiques and bars of Smith and Court Street, to the Middle Eastern grocery shops along Atlantic Avenue, this dynamic stretch of brownstone Brooklyn is hard to beat.



CHELSEA

SHOP

Chelsea, New York City, New York, USA

Contemporary art fans will find their match at the many small galleries in the West 20s between 10th and 11th Avenue.



WEST VILLAGE & TRIBECA

SHOP

West Village, New York City, New York, USA

To experience New York’s history, head down to Greenwich Street and the many adjacent cobble-stoned alleys.

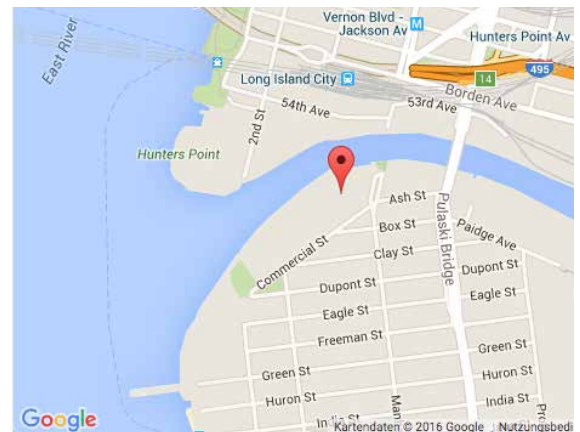


GLASSERIE

RESTAURANT

95 Commercial Street, Brooklyn, New York, USA
www.glasserienyc.com

Hidden along the Northernmost border of Brooklyn, this Middle Eastern-influenced spot boasts unmatched ambience—and a mezze brunch—that’s well worth the detour.

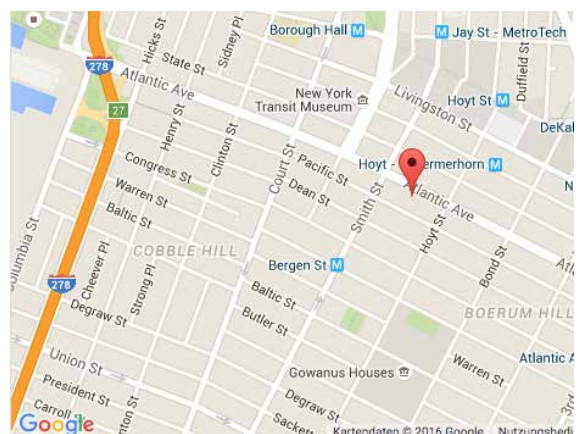


FRENCH LOUIE

RESTAURANT

320 Atlantic Avenue, Brooklyn, New York, USA
www.frenchlouienyc.com

I love to have lunch here. But dinner, sitting at the little outdoor patio, is nice for warm summer nights, too.

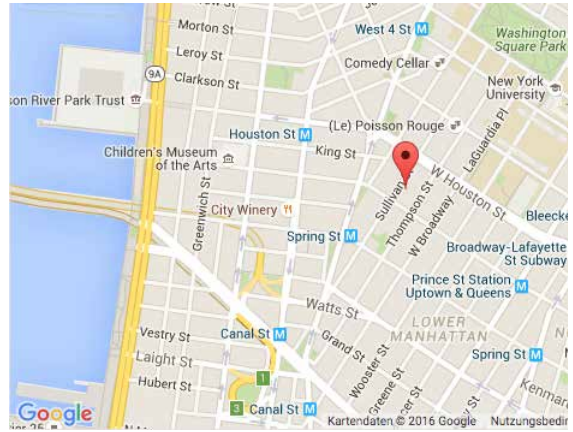


NAVY

RESTAURANT

137 Sullivan St, New York, NY 10012, USA
www.navynyc.com

When it comes to unpretentious downtown cool, few restaurants hold a candle to this nautical-inspired space, whose design and fish-focused menu are always a delight.

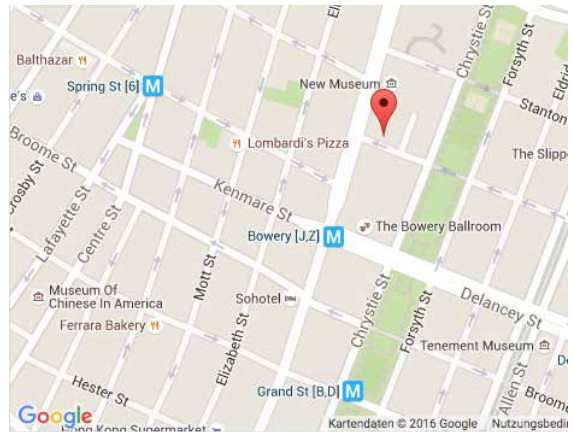


MORGENSTERN'S

SWEETS

2 Rivington Street, New York City, New York, USA
www.morgensternsnyc.com

Incredible ice cream flavours - perfect for a hot summer day.

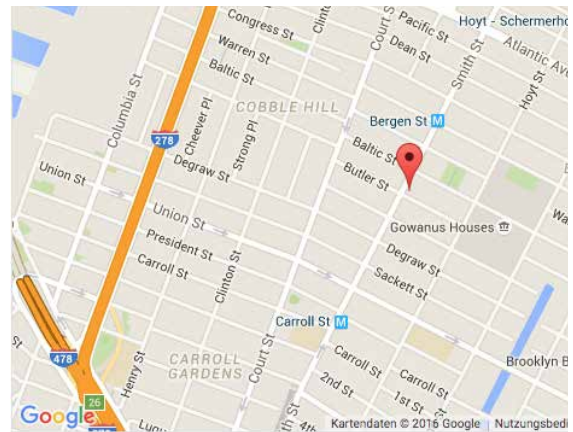


LEYANDA

BARS & CLUBS

221 Smith Street, Brooklyn, New York, USA
www.leyendabk.com

This recent addition to the Smith Street bar scene offers a festive dose of tropical flair, with cocktail ingredients like pisco, passion fruit, and mate.



THE NOMAD BAR

BARS & CLUBS

10 W 28th St, New York City, New York, USA
www.thenomadhotel.com/

Enjoy fancy drinks at the even more fancy and beautiful bar inside the NoMad Hotel!



TERROIR

BARS & CLUBS

24 Harrison St, New York City, New York, USA
www.wineisterroir.com

Wine bar run with passion and love.

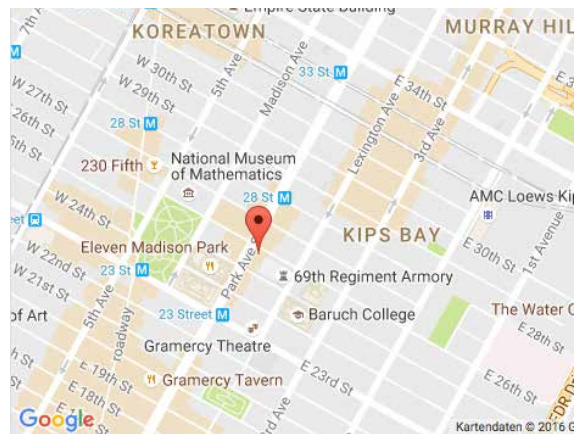


UPLAND

RESTAURANT

345 Park Avenue South, New York City, New York, USA
www.uplandnyc.com

Come here for the impressive wine menu as well as the mouthwatering California-inspired cuisine!



KHE'YO

RESTAURANT

157 Duane Street, New York City, New York, USA
www.kheyo.com

Order all different kinds of little, sensational Laotian dishes here and share it - a culinary delight and the best way to start an evening in New York City!



LONG ISLAND BAR

RESTAURANT

110 Atlantic Avenue, Brooklyn, New York, USA
www.thelongislandbar.com

This is where you get the best burger in NYC. A true local's spot!



MCKITTRICK HOTEL

BARS & CLUBS

530 W 27th St, New York City, New York, USA
www.mckittrickhotel.com

Best known as the home of the immersive theatre experience Sleep No More, this Chelsea warehouse also offers three bars—two of which are impressive music venues. On the weekends The Heath restaurant and bar hosts an unmatched dance party with house band The Heathens.



BOWERY BALLROOM

BARS & CLUBS

6 Delancey St, New York City, New York, USA

To catch up-and-coming bands before they reach the big time, there are few better venues than this Manhattan music hall.

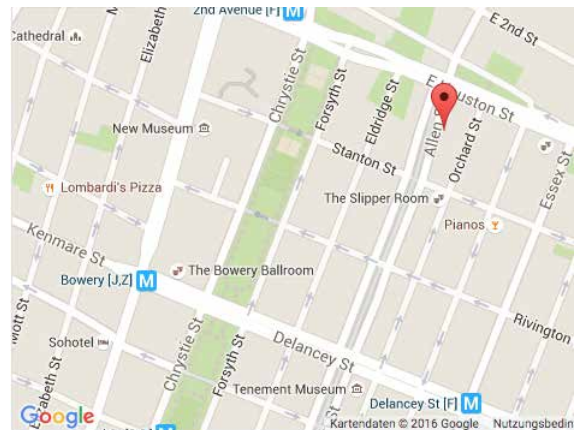


ROCKWOOD MUSICHALL

BARS & CLUBS

196 Allen Street, New York City, New York, USA
www.rockwoodmusichall.com

One of the highlights of NYC's concert scene is the opportunity to catch an incredible range of talent in a single night. Nowhere is that more true than at Rockwood, where artists rotate on the hour in three separate concert spaces.



LA COLOMBE

BARS & CLUBS

75 Vandam Street, New York City, New York, USA
www.lacolombe.com/

Start your day in a perfect manner by grabbing a Flat White at La Colombe – those guys really know good coffee!



ATTABOY

BARS & CLUBS

134 Eldridge Street, New York City, New York, USA
www.facebook.com/pages/Attaboy/360633440716062

Nice drinks based on fresh ingredients of the day – so good!

