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[Cravings Eats & Treats, Briarcliff Manor](#)

September 21st, 2009



Cravings Eats & Treats, at 549 North State Rd. in Briarcliff Manor, NY, was just opened by my friend Erica a couple of weeks ago, and already G. is hooked on the frozen yogurt. In fact, I'm sure it's the yogurt that had everyone buzzing about Cravings before it even opened. Aside from baked goods, sandwiches, salads, and soups, they also offer up to 6 flavors of Frogurt at a time, including the elusive slightly-sour, slightly-sweet "plain" — the same kind Bloomingdale's serves. A small yogurt, which is more than just a kid-sized portion, starts at \$3, with a long list of toppings (melba sauce, M&Ms, dried cranberries, etc.) for 50 cents each or fresh fruit for a dollar.

I'm most interested in going back for the [Hale and Hearty Soup](#) — Cravings offers three kinds a day. The Sweet Corn Chowder (gluten free, surprisingly) smelled delicious, and I like that the soups are all

-natural, with ingredients I'd use in my own kitchen. A 12 oz. portion starts at \$3.95, going up to \$9.50 for a quart.

There were a number of guys buying salads to go the last time I was in the store. You build your own, starting with a choice of iceberg, romaine, spinach or mixed greens. Then top it with everything from hearts of palm (a favorite of mine) to mushrooms to roasted red peppers. A small salad, which includes 2 toppings plus dressing, starts at \$6.95. You can add some protein on top if you'd like: roasted turkey, chicken, and tuna are available. Unique sandwiches, like a Greek salad in a pita, and paninis round out the light meal offerings.

Don't forget the bakery — I can give you a rundown though I haven't sampled any of it yet. Cravings has muffins, cookies, brownies, cupcakes, scones, and more. Plus, they do special orders and seasonal items — they had honey cake for Rosh Hashanah, for example.

I like the vibe of this place, shabby chic but with crisp, clean edges. You're instantly comfortable when you step inside:



That's my little guy eating Frogurt at the back of the store (vanilla with rainbow sprinkles). You can see that in addition to all their food offerings, Cravings is something of a gift shop as well. What caught my eye were a range of [cute baking kits from Sassafra](#). I'd never seen them before and thought they'd make an original birthday gift.

Cravings is really a take away cafe, although there are a couple of benches with small tables. They're right across the street from Terra Rustica, and on the way to Club Fit — I expect they'll get plenty of business from people going to and from the gym. You can reach Cravings Eats & Treats at 914-944-4622.

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5 Comments

- 1. [Doug](#) | September 21st, 2009 at 8:19 pm

This place looks great! Especially that sweet corn chowder. Can't wait to try it.

- 2. Sharon | September 22nd, 2009 at 12:32 pm

It looks like a nice place! I loved getting soup from "Hale and Hearty" when we lived in the city – nice to have a local place to get it! I will definitely be checking it out – cute picture of your little guy enjoying his treat 😊

- 3. Jodi | September 22nd, 2009 at 1:52 pm

That looks like a place I would LOVE!

- 4. [carol](#) | September 23rd, 2009 at 10:14 am

Cute! I will check them out next time I'm visiting my MIL.

- 5. merrie | September 23rd, 2009 at 2:19 pm

I, too, am hooked on the soup! I have been getting the 10 vegetable and lowfat chicken noodle. The salads have been fabulous as well!
Love that G is in the pic- sooo cute!
BTW- I LOVE the Hazelnut coffee there and love that it is served in plain white cups.

About

I'm Dara, the chick in the kitchen. Living in the suburbs of Manhattan with my two boys, ages 4 and 6, and husband. Trying to feed my family something more diverse than a different shape of pasta each night. Reach me at heydara@gmail.com.



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Want to Try

[Lemony Chicken & Israeli Couscous](#): This is a simple recipe, but a good reminder for me about how much I enjoy all three ingredients mentioned in the title.

Cook to This

["She's a Genius"](#) by Jet. I have no idea what's going on in this video, but the song rocks.

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