



FREE LOCAL GUIDE / 2026 EDITION

25 BEST BITES IN ROCKAWAY

The Rockaway Eats List: where to eat on Main Street, Route 46 and around Rockaway Townsquare, picked by Rockaway News.

WELCOME TO THE LIST

Hungry in Rockaway? Start here.

Rockaway has a lot more going on food-wise than most people realize. Between the old storefronts on Main Street, the highway strip on Route 46 and the spots ringing Rockaway Townsquare, you can eat your way around the world without leaving town. We went through the reviews, the menus and the local favorites and boiled it down to 25 places worth your money, plus the one thing to order at each.

THE LIST IS SPLIT INTO THREE ZONES

1

MAIN STREET & DOWNTOWN

9 SPOTS

The walkable heart of town, where breakfast spots, pubs and hidden gems sit a block apart.

2

ROUTE 46

11 SPOTS

Italian, Thai, Korean, Turkish and a bagel shop worth the detour, all on one highway strip.

3

TOWNSQUARE & GREEN POND RD

5 SPOTS

Around the mall and up Green Pond Road: diner classics, pizza and fresh poke.

How to use it

- Every spot has a "Best Bite": the dish locals and reviewers keep coming back for.
- Hours and menus change, so call ahead or check online before you go.
- Nobody paid to be on this list. These are picks, not ads.

MAIN STREET & DOWNTOWN

The walkable heart of town, where breakfast spots, pubs and hidden gems sit a block apart.

1

Missy's Main Street Cafe

181 E Main St, Rockaway

BREAKFAST & BRUNCH

BEST BITE: Chicken and Waffles

A Main Street brunch favorite with some of the best reviews in town.

2

Arico's Riverside Shoppe

26 E Main St, Rockaway

BREAKFAST & LUNCH

BEST BITE: Breakfast Burrito

A small, friendly breakfast counter regulars swear by. Ask about the Rockaway Sampler.

3

Anthony's Pizzeria & Family Restaurant

51 W Main St, Rockaway

PIZZA & ITALIAN

BEST BITE: Stuffed Pizza

A long-running family red-sauce spot with gluten-free and vegan options.

4

The Exchange

160 E Main St (rear), Rockaway

BAR & GRILL

BEST BITE: Beer-Battered Fish and Chips

A downtown pub with a full kitchen, from burgers to linguine and clams.

5

Smith's Tavern

175 E Main St, Rockaway

NEIGHBORHOOD TAVERN

BEST BITE: Homemade Meatballs

A no-frills Main Street tavern known for real-deal comfort food.

6

Tavern on the Rocks

9 Wall St, Rockaway

BAR & PUB

BEST BITE: Margherita Beer-Dough Pizza

Great pub food steps off Main. Try the Rockaway Chop Cheese too.

7

Milo Cafe & Restaurant

20 Wall St, Rockaway

COLOMBIAN

BEST BITE: Calentado Paisa

Big, flavorful Colombian plates that keep earning five-star reviews.

8

Below Zero Degrees Ice Cream Rolls

13 Wall St, Rockaway

DESSERT

BEST BITE: Ferrero Rocher Rolled Ice Cream

Made-to-order rolled ice cream, a few doors from Main Street.

9

J&M Bagel & Deli

36 W Main St, Rockaway

BAGELS & DELI

BEST BITE: Bacon, Egg and Cheese on a Fresh Bagel

A small Main Street bagel shop locals rate highly for fresh bagels and crispy bacon.

ZONE 2 / ROCKAWAY

ROUTE 46

Italian, Thai, Korean, Turkish and a bagel shop worth the detour, all on one highway strip.

10

Caffe NaVona

147 US-46, Rockaway

ITALIAN

BEST BITE: Zuppa di Pesce

A top-rated Rockaway Italian spot. The burrata salad is a crowd favorite too.

11

ALEV Mediterranean Grill

76 US-46, Rockaway

TURKISH & MEDITERRANEAN

BEST BITE: Alev Mixed Kebab Platter

Charcoal-grilled kebabs and cold mezze platters worth sharing.

12

Thai Nam Phet

296 US-46, Rockaway

THAI

BEST BITE: Tamarind Duck

A longtime Route 46 Thai favorite. Duck red curry fans, this is your place.

13

Hancock K-BBQ & Tofu Soup

155 US-46, Rockaway

KOREAN

BEST BITE: Dolsot Bibimbap

Sizzling stone-pot bibimbap and tofu soup, rare finds in this part of the county.

14

M&S II Pizza

424 US-46, Rockaway

PIZZA

BEST BITE: Sicilian Pie

A locals' pizza go-to. The buffalo chicken pie has fans too.

15

Abe's Bagel House

399 US-46, Rockaway

BAGELS & DELI

BEST BITE: Hot Pastrami Reuben

One of the highest-rated bagel shops in town, with lox and cream cheese done right.

16

Red Hut Diner

152 US-46, Rockaway

DINER

BEST BITE: Taylor Ham, Egg and Cheese

A classic Jersey diner that also handles gluten-free pancakes well.

17

Gelato Envy

350 US-46 (Boro Plaza), Rockaway

GELATO

BEST BITE: Gelato Flight

Small-batch gelato and sorbetto. Strawberry and tiramisu are standouts.

18

Brick 46

68 US-46, Rockaway

PIZZA & PUB

BEST BITE: Chicken Pesto Pizza

A casual pizza-and-pub stop with a gluten-free margherita that gets raves.

19

Gyro King

286 US-46, Rockaway

GREEK & GYROS

BEST BITE: Lamb and Chicken Gyro

Quick, generous gyros when you want something fast and filling.

20

Sandwiches Unlimited Lunch Box

350 US-46 #116, Rockaway

SANDWICHES & DELI

BEST BITE: A Made-to-Order Deli Hero

Stacked sandwiches that keep this lunch counter near perfect in reviews.

ZONE 3 / ROCKAWAY TOWNSHIP

TOWNSQUARE & GREEN POND RD

Around the mall and up Green Pond Road: diner classics, pizza and fresh poke.

21

Hibernia Diner

9 Green Pond Rd, Rockaway

DINER

BEST BITE: Smoked Salmon and Goat Cheese Eggs Benedict

A Route 80 landmark with a huge menu and a loyal following.

22

Tony's Famous Pizzeria

533 Green Pond Rd, Rockaway

PIZZA & ITALIAN

BEST BITE: Cavatelli with Broccoli

A true neighborhood pizzeria that also offers gluten-free pizza.

23

Poke Cafe & Nori Sushi

321 Mt Hope Ave, Unit G, Rockaway

POKE & SUSHI

BEST BITE: Build-Your-Own Poke Bowl

Fresh bowls a few minutes from the mall. Add a mango or taro bubble tea.

24

Rockaway Bagel & Deli

171 Green Pond Rd, Rockaway

BAGELS & DELI

BEST BITE: The Rockaway Bagel

A Township deli with named specialty sandwiches and crumb cake.

25

The Cheesecake Factory

301 Mt Hope Ave (Townsquare), Rockaway

AMERICAN

BEST BITE: Cinnamon Bun Cheesecake

The mall's go-to sit-down spot when the whole family can't agree.



Hungry for more Rockaway?

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Questions or a spot we missed? Email info@rockawaynews.com