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# RESTAURANT FLAIR: CATCH of the DAY

Our guide to LI's best seafood

BY PETER M. GIANOTTI | [peter.gianotti@newsday.com](mailto:peter.gianotti@newsday.com)  
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Up there with a winning Lottery ticket and a reliable pizzeria, [Long Island](#) craves seafood. There are scores of spots stressing fish, far fewer delivering the goods. Here are candidates for the catch of the day.

## H2O

215 W. Main St.

Smithtown

631-361-6464

[h2oseafoodgrill.com](http://h2oseafoodgrill.com)

COST \$\$-\$\$\$

Consistently good and often better, upbeat H2O attracts you for its friendly style, steamed lobster, finfish and well-made sushi. The skillfully spiced "millennium" lobster leads the main courses.

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