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### Surfas

In its 71-year run, this spot has outfitted countless kitchens—including many in the city's finest restaurants—with hard-to-find ingredients and culinary tools. From paring knives to paella pans to gourmet peanut butter, the warehouse stocks everything you need to cook and plenty of things you don't (edible silver petals, anyone?). Regular events offer exposure to new techniques and exotic foods. » 8824 National Blvd., 310-559-4770 or surfasonline.com.



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### Sony Pictures Studios

The city's first studio ground was broken here; the elegant white colonnade dates to 1915, when it fronted Ince/Triangle Studios. Opt for a "Twilight Tour" (\$28): The lights come up on "Main Street," and a surreal atmosphere pervades. » 10202 W. Washington Blvd., 310-244-6926 or sonypicturesstudios.com.

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### Ford's Filling Station

At this cozy gastropub, chef Benjamin Ford (son of Harrison) turns out upscale comfort food. (We sense a trend: Down the street, the new bistro Wilson is run by the son of the late Beach Boys drummer Dennis Wilson.) Locals swear by the blue cheese burger, though we're content to nurse a pint of Hoegaarden at the bar—ideal for people watching when it's not mobbed by the dinner rush. » 9531 Culver Blvd., 310-202-1470 or fordfillingstation.net.

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### Sport Eve

You won't find anything by Nike or Adidas at this bright one-and-a-half-year-old shop. Instead, owner D'Lynda Fischer stocks fashionable and functional women's activewear from smaller athletic brands, many of them local. The store's buyers spend inordinate amounts of time running, swimming, cycling, and cross-country skiing to ensure that gear will perform equally well in a triathlon or at "Mommy and Me." » 3849 Main St., 310-838-6588 or sporteve.com.

### [TAKE FIVE]

## DO LUNCH

» Isn't street meat supposed to be bad for you? We thought so, until we scarfed down a grass-fed hot dog from **Let's Be Frank**, an outdoor kiosk proffering freshly barbecued, chemical-free beef and pork wieners topped with organic fixings like roasted onions. » East side of Helms Ave. between Washington and Venice Blvds, letsbefrankdogs.com.

» A lack of pretension and such menu staples as the meatball sandwich with melted fontina make **Fraiche** a draw for restaurant critics, foodies, and studio execs. » 9411 Culver Blvd., 310-839-6800 or fraicherestaurantla.com.

» At **Skratch**, all-natural combinations like free-range, hormone-free barbecued pulled pork (with smoked Gouda, jicama, and poppy seed slaw) and red curried tofu (with yellow squash, zucchini, and roasted red pepper aioli) are stuffed into sandwiches or tossed as salads, with all condiments and dressings made—you guessed it—from scratch. » 3867 Hughes Ave., 310-558-3400 or skratchbasics.com.

» Spicy crispy tuna rolls are standard on just about every Japanese menu in the city, but the Asian-fusion **K-Zo** turns out an addictive version whose sharpness is offset by the snap of crunchy brown rice. If no tables are free, sit at the bar, which serves the full menu. » 9240 Culver Blvd., 310-202-8890 or k-zo.com.

» **India Sweets & Spices**, a no-frills grocery store that stocks imported foodstuffs, is the unlikely source of some of L.A.'s best vegetarian Indian fare. Load up a tray, cafeteria style, with a street-cheap combo (don't miss the aromatic sag paneer), then plant yourself in a plastic lawn chair. » 9409 Venice Blvd., 310-837-5286.