

Bar hopping

Restaurants offer assortment of salad bars to fit students tastes

By WENDELL WOOD

Salad "bar hopping" runs a close second to the standard drinking "bar hopping" for many Chapel Hill students and residents. A popular means of dining-out here, salad bars leave the menu and preparation up to the individual diner, guaranteeing satisfaction if the bar's items are sufficient.

The average salad bar available to the UNC student is cheap, (between 2 and 3 dollars) compared to a three-course meal at a Franklin Street restaurant, (between \$4-5) and best of all, most salad bars are "all you can eat."

"As many men as women eat our salad bar alone as a meal," said an employee at Western Sizzlin' Steak House, "and one Chapel Hill policeman eats the salad bar almost every day."

Another advantage of frequenting salad bars includes fulfilling nutritional requirements often ignored by college students. If the salad is carefully made, without loading up on potato skins, crackers, dressing, croutons, etc., a meal from a local salad bar can be filling as well as low in calories.

"A lot of people think salad bars are dietetic, but (with too many of the wrong things) they're not," said Margo McCoy, a

junior from Charlotte and a seasoned salad-bar hopper.

In selecting a favorite salad bar, it is important to check the freshness of the items, as many salad eaters warn against the spoiling of eggs and cheese. The size of the salad bowl is also important in getting your money's worth, especially if a salad bar offers a one-bowl deal.

Lastly, one should check the items of a salad bar for nutritional value. If a restaurant provides cottage cheese, fibrous vegetables such as broccoli, beans or squash, and fruit, you can be confident of having a healthy meal.



Here is a list, in alphabetical order, of most salad bars in the Chapel Hill area, their prices and pros and cons.

Blackie's Steak House, Rosemary Street. Blackie's salad bar without the meal costs \$3.95, and includes salad staples such as lettuce, carrots, cucumbers, tomatoes and onions. Mushrooms, eggs, cottage and cheddar cheese, asparagus spears, ham and crackers make this salad bar healthy but still expensive.

Doofinkeys Cafe, Carr Mill Mall. This innovative and moderately priced "natural

salad bar" (\$2.25 for one bowl, \$3.25 for all you can eat) offers tofu, broccoli, cauliflower, sprouts, cottage cheese, dried fruits, granola and nuts, plus the salad staples.

Four Thieves Restaurant, Kroger Plaza. Besides the staples, this \$3.95 salad bar (\$3.50 at lunch) includes cottage cheese, eggs, mushrooms, pineapple and peaches and spring onions.

Godfather's Pizza, Kroger Plaza. At \$1.59, this salad bar is Chapel Hill's cheapest, but it also offers less. Besides the regulars, chow mein noodles, cottage cheese and eggs will tide you over.

Jordan's Le Charolais, Rosemary Street. This steak house's lunchtime salad costs \$2.95, and it's \$3.95 after 5 p.m. With the salad staples, it includes spinach, broccoli, yellow squash, peanuts, sprouts, potato and macaroni salad and chow mein noodles. A variety of crackers and a cheese barrel make this salad bar well worth the money.

Looking Glass Cafe, University Square. For a small one-bowl salad bar at \$2.65 and all you can eat at \$3.50, this bar offers healthy extras but not enough for the money. Homemade dressings, sprouts, cottage and swiss cheese, eggs, mushrooms and sunflower seeds are some of its features.

The Pine Room, the Pit. This salad bar, like the lunchtime Greenhouse in the Union,

has a unique 15¢ per-ounce charge, with a \$3 maximum. Offering cottage cheese, eggs, ham, cheese, pineapple and sprouts accompanying the salad regulars, this salad bar is one of the better features of UNC's food service. Also offered at Chase Cafeteria on South Campus.

Pizza Hut, Franklin Street and across from University Mall. My favorite for the price of \$1.89, (\$1.59 at lunch) this pizza chain salad bar has cottage cheese, pineapple and apple, potato and macaroni salad, chow mein noodles and pizza crackers (the best).

Wendy's, Main Street in Carrboro. Unfortunately, this \$1.89 salad bar doesn't have cottage cheese, but it does offer eggs, cheese, sunflower seeds, mushrooms and big platters, as well as the basics.

Western Sizzlin's Steak House, Rosemary Street. For \$3.39, I've never been fuller. Fried potato skins, ham, cheese, eggs, sprouts, cottage cheese, potato and macaroni salad, a variety of relishes, fruits and sunflower seeds make this salad bar one of the most popular in town.

If you are lacking ideas for a supper get-together, a home-made salad bar may be your cheapest and healthiest dinner to offer!

Wendell Wood is a contributor to Spotlight.



SAVE A TREE RECYCLE ME!

PEKING GARDEN RESTAURANT

Authentic Chinese cuisine from all four corners of China
—At its Very Best

We cordially invite you to come celebrate our 5th anniversary. New menu and chef selected new dishes are available for your selection at reasonable prices. Dine amid the art of China and excellent atmosphere. May we recommend some new dishes:

Tropical Chicken	Ku-Lu Beef
General Tso's Chicken	3 Delights for Vegetarians
Black Bean Pork	Pork with Black Bean Sauce

Scallops and Shrimp with Hot Garlic Sauce... and more.
Special lunch with fast service 7 days a week \$2.40
A wide selection of mixed drinks

Lunch: Weekdays 11 am-2 pm
Sat. & Sun. 12-2:30 pm
Dinner: 5-10 pm daily

1404 EAST FRANKLIN ST.,
CHAPEL HILL 942-1613

the **D**ooster
Source

**PRINTS
POSTERS
FRAMING**

**SOMERHILL
GRAPHICS** INC.

in the tower at the Courtyard
Chapel Hill, N.C.

Monday — Saturday: 10-6
Friday night til 9 p.m. tel: 968-4856