

Vegetarian delights

Exotic dishes served

By **DANA JACKSON**
Staff Writer

Best known for its whole wheat pizza, the **Sunshine Cafe** caters to students and Chapel Hill residents with a menu of vegetarian dishes. Menu choices include several salads, such as the Sunshine salad, which has romaine lettuce, cabbage, carrots, sprouts, apples, sunflower seeds and more.

Crepes, seafood and Mexican and Italian specialties such as vegetarian lasagne and enchiladas make up the list of entrees. Prices run from \$3.75 to \$7.

The whole wheat pizza is topped with cheese; additional ingredients such as marinated tofu, onions and mushrooms can also be ordered.

Apple, chocolate and key lime pies top off the meals and satisfy any sweet tooth.

The restaurant will soon be getting a license to serve beer, wine and mixed drinks. The current list of beverages includes natural sodas, juices and smoothies.

The cafe is open Tuesday through Sunday from 5 p.m. to 9:30 p.m., and on weekends, until 1 p.m. It is open for brunch on Saturday and Sunday from 10 a.m. to 2:30 p.m.

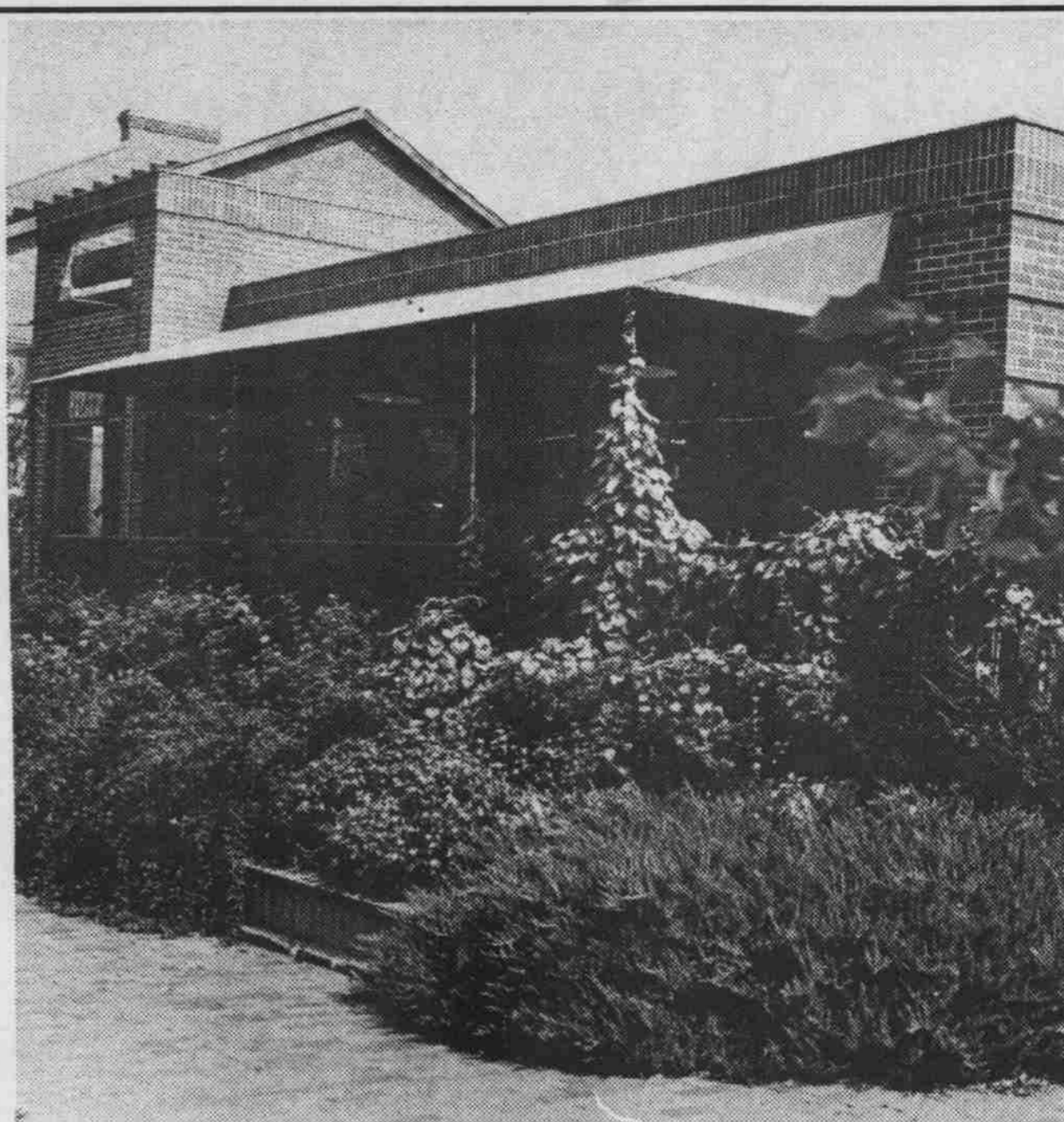
The Sunshine Cafe, with wooden booths and tables, is casual and relaxed — and most importantly, it's natural.

For a different type of vegetarian restaurant, try **Pyewacket**.

Pyewacket offers its customers a wide selection of vegetarian entrees, seafood and salads in a casual yet classy greenhouse environment. For starters, it serves homemade soups and breads, and appetizers such as the Kokker — deep fried French brie served with strawberry preserves and apple wedges. The menu lists salads galore, with ingredients that include sprouts, nuts, seeds, cheeses, raisins, fruits, eggs and avocado. The vegetarian entrees include Chinese sauteed vegetables, pasta tossed with freshed vegetables and a Mexican tostada. Scallops with fettucine, fresh fish fillets, shrimp creole and snapper are some of the seafood selections. Natural shakes, smoothies, carob milk, Perrier, juices and coffees are offered to drink, and there is a full bar as well serving a variety of specialty drinks. Homemade desserts include black bottom pie, cheese and carrot cake, custards and ice cream.

Pyewacket uses only natural and fresh ingredients and serves specialties that change with the seasons. According to a manager, the restaurant is for people "interested in food rather than just eating."

Pyewacket is open for lunch from 11:30 a.m. to 2:30 p.m. and for dinner from 6 p.m. until 10 p.m. on weeknights and until 10:30 p.m. on weekends. It also offers a late afternoon and late night after its regular hours that includes a few menu items. Entree prices range from \$5.25 to \$8.95.



The shrubs and ivy around the building are not all that's green at Pyewacket. The restaurant specializes in vegetarian dishes.

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Local eateries offer variety of seafood

By **CINDY DUNLEVY**
Staff Writer

Chapel Hill may not be Calabash or Maine but the seafood restaurant selection in the area will likely satisfy any seafood lover's craving. There are three seafood restaurants near campus, each catering to different tastes.

LandLubber's, located on Highway 54, specializes in Calabash-style seafood. Servings are generous, and Sunday through Thursday LandLubber's offers "all you can eat" specials. The cost at LandLubber's varies. "All you can eat" specials cost about \$7.95 for shrimp or filet of flounder but other dinners run from \$3.95 to \$6.95. Mixed drinks, beer and wine are served.

LandLubber's has a simple decor that is typical of seafood restaurants, and if you fancy dim lights, this is not the place. But if all you're after is good seafood, LandLubber's has plenty to offer. Just be sure not to eat too many hush-puppies, which are usually first to come.

For a different look try the **Red Baron**, a cozy, out-of-the-way restaurant on Jones Ferry Road.

This is a seafood restaurant with an unusual menu. The menu features listings such as hot brie with almonds, spinach balls, shrimp and broccoli and a crabmeat sandwich.

There are also old traditionals, like lobster tail and filet mignon.

The prices are a bit expensive and not many students frequent the Red Baron where locals watch T.V. and enjoy the comfortable, lived-in atmosphere.

In the lounge, owner and bartender Mike Leary serves mixed drinks, wine and 53 types of beer.

The bar is open from 4 p.m. until 1 a.m. and dinner is served between 5 p.m. and 11 p.m.

If the Red Baron is not the catch-of-the-day maybe **The Red Lobster**, on U.S. 15-501, will be the right size.

The Red Lobster offers many combinations of steak and seafood, including crab and lobster. There are nine different seafood platters and 19 shrimp dishes. The Red Lobster's menu gives the widest choice of the three restaurants.

The Red Lobster is open daily from 11:30 a.m. until 10 p.m. Sunday through Thursday and from 11:30 a.m. to 11 p.m. Friday and Saturday. A "What's New for Lunch" special began Aug. 29.