

Up front

## Start your day off right with a hearty breakfast

From staff reports

Mother always told you to start each day off with a good wholesome breakfast, but if you're just too lazy to make it for yourself, there are plenty of places in Chapel Hill that specialize in this type of fare.

A Chapel Hill favorite, **Breadmen's**, 337 W. Rosemary St., serves breakfast food from 6 a.m. to midnight Monday through Saturday and 6 a.m. to 10 p.m. Sundays. For \$3-\$5 you can choose from a variety of omelets or eggs fixed just the way you want them, toast or biscuits included. The cream cheese and western omelets are excellent. Or try their thick blueberry pancakes or waffles. For lunch and dinner, they also offer burgers, deli sandwiches and combination meat and vegetable plates. If there's a crowd, you can also have a drink at the bar while you wait.

If your tastes run gourmet, or if you just want to try something different, **The Carolina Coffee Shop** at 138 E. Franklin St. is an elegant and expensive place to dine. Classical music enhances the background atmosphere as you partake of one of their classic cheese omelets. If you're the daring sort, try the asparagus omelet. Or if you plan to lunch or eat a late-night supper, try one of their special crepes with an espresso of a cappuccino. Try to treat (or better yet, have your parents treat) your palate to this traditional Franklin Street gourmet stop at least once before leaving the Southern Part of Heaven.

If your idea of a good breakfast is fast and simple and you have access to wheels, Chapel Hill's first drive-thru breakfast spot — the **Sunrise Biscuit Kitchen** at 1305 E. Franklin St. — is the place to satisfy your early morning hungries. Open seven days a week from 6:30 a.m. to 2:30 p.m., it offers homemade biscuits for breakfast. Their specialty is huge cinnamon sticky buns. Luncheon fare includes barbecue, sprout sandwiches and hamburgers.

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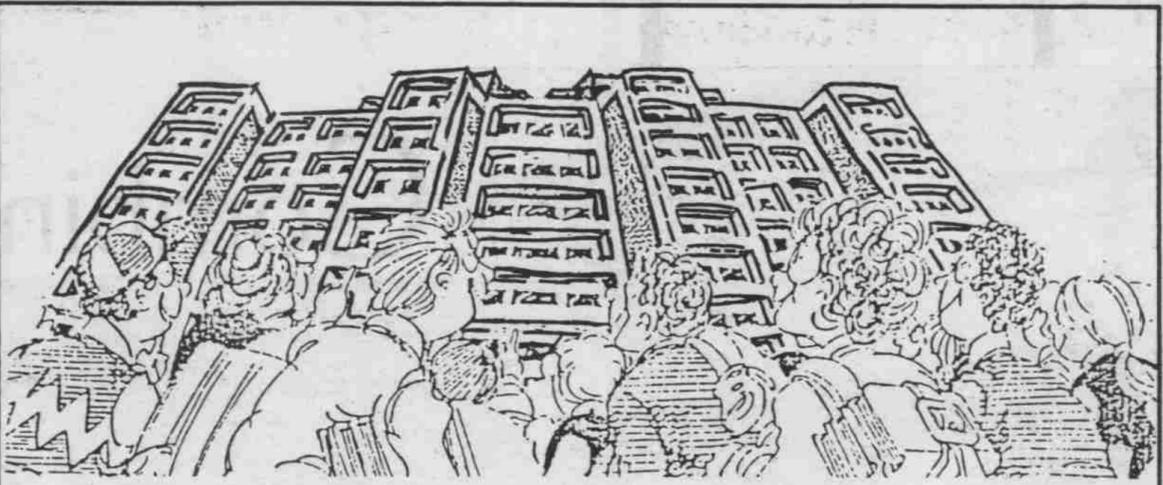
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**Ye Ole Waffle Shop**, 173 E. Franklin St., boasts "one of the best breakfasts in town." Plain and pecan waffles, omelets, pancakes, eggs served any style, grits, ham and sausage biscuits and a varied sandwich selection have made this restaurant something of an institution. If you go on a weekend morning, go early or get there before you're hungry. By the time you reach the beginning of the line you'll think you're about to starve.

For those of you whose stomachs seem to have a mind of their own — a New York state of mind, to be more precise — **Bruegger's Bagel Bakery** bakes up big, chewy bagels fresh every day. Begin the day with your choice of a cinnamon-raisin, garlic, onion, plain, poppyseed, pumpkin, salt, sesame or whole-wheat bagel with any one of their flavored cream cheeses. In a cozy but airy room you can enjoy a fat bagel sandwich or bagel dog. They also have soups and cookies of the day. Before you leave, take home a bag of their day-old bagels. Bagels are 25-30¢ each, so you can cheaply treat your palate to a sample of Yankee food.

Of course, some people only eat one morning/afternoon of the week — Sunday. If Sunday brunch is a must for you, there are several places that offer all-you-care-to-eat breakfast bars, including **Shoney's**, **Jordan's**, **McCarthy's**, **Applebee's** and **Colonel Chutney's**.



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