

Sweet tooth nagging you? Try these sweet sensations

From staff reports

When it comes to gorging on sweet things, college students may be old enough to know better, but we're still too young to care. Even the most scrupulous dieters among us have been known to break down into an ice cream frenzy during the height of exams. Most of the rest of us don't bother to wait for an excuse.

With this in mind, the friendly merchants of Chapel Hill have provided students with a variety of ways to ruin our diets. They've got it all: ice cream, yogurt, gelato, cookies, cakes, pastries — a dentist's nightmare, but a sweet-tooth's paradise.

Baskin Robbins 31 Flavors Ice Cream, located at 145 E. Franklin St., has been around for at least forever. Remember how the sight of those pink and brown polka-dots would throw any self-respecting 5-year-old into a fit of ice cream ecstasy? Not much has changed, except (contrary to the name) Baskin Robbins has more than 31 flavors. A single-scoop cone is still close to a dollar and they also serve shakes, freezes and sundaes.

Columbia Street Bakery & Coffeehouse, at 107 N. Columbia St., serves standard bakery fare in

a coffeehouse atmosphere. Open from early mornings (7:30 a.m., seven days a week) to late nights, Columbia Street Bakery offers everything from croissants and muffins to cookies and cakes. The bakery also serves a variety of coffees, including flavored espressos, cappuccino, cafe au lait and Columbian blends. On weekend nights, live acoustic music sets a pleasant backdrop for sweet consumptions.

The Cookie Jar, at 112 W. Franklin St., specializes in — what else? — cookies. Six different types of cookies are offered, with chocolate-chip coming in as the favorite. Other flavors include peanut butter, oatmeal raisin and double chocolate chip. All can be had for 40 to 55 cents, and for a few extra dollars, The Cookie Jar can make up large decorated cookies to your order.

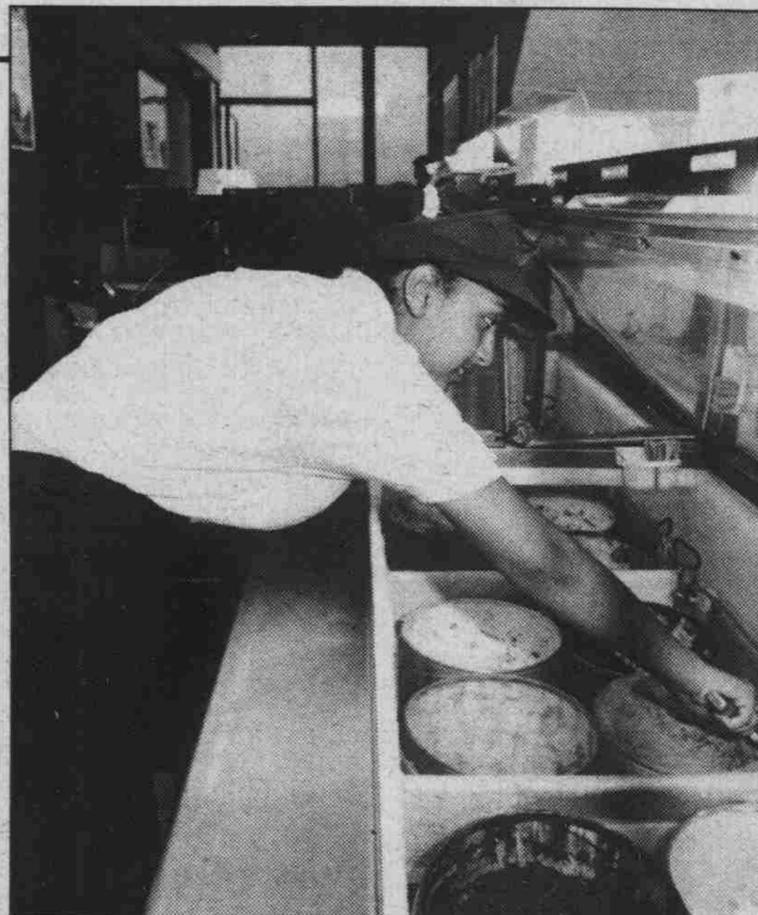
Gelato D'Oro, at 121 E. Franklin St., brings the sweet taste of Italy down home to North Carolina. Gelato is an Italian ice cream that is denser and creamier than American ice creams. Because there is less air whipped into it, the imported flavorings of the gelato come through more intensely. In true Italian form, this gelateria also offers espresso and cappuccino. For

those with a less adventuresome palate, Gelato D'Oro serves Columbo yogurt as well.

Haagen-Dazs Ice Cream Shoppe, at 112 W. Franklin St., specializes in total diet-busters: gourmet ice cream with a sky-high butterfat content. The higher the fat, the richer and creamier the ice cream. The ice cream is a little more expensive than at most other places, but ice-cream purists say it's worth it.

Swensen's Ice Cream Factory, in University Square on Franklin Street, really is an ice cream factory — the shop makes all its own frozen flavors on the premises. Though about 40 flavors are featured at a time, Swensen's has recipes for more than 100. You can get anything from a single cone for \$1.05 to an earth shattering "Earthquake," an eight-scoop, eight-topping sundae that comes in at \$10. Unless you're really hungry, you'd better bring along a friend for that one.

TCBY Yogurt, located in East-gate shopping center down Franklin Street, is a national chain which offers less caloric snacks for the diet-minded. At only 29 to 35 calories per ounce, you can fill up without feeling too guilty, but only if you can resist the toppings.



DTH file photo

Baskin Robbins still scoops up creamy concoctions for children of all ages.

The Yogurt Pump, at 106 W. Franklin St., boasts low-fat and no-fat yogurt, with less than 3 percent of the yogurt made of fat. The Pump features five flavors each day, rotating from a total of 46 flavors. Just for fun, try your luck at Trivia Tuesdays: just

answer a Trivial Pursuit question correctly and get a free topping.

So if your diet starts Monday (and whose doesn't?), dig into some sinful sweets. You can always walk home to make yourself feel better.

Wake up you sleepyheads, and get a hearty breakfast

From staff reports

Morning — such a nasty thought. What, other than Coast deodorant soap, can get you going? Maybe a bite of breakfast. If so, several Chapel Hill restaurants can cater to your needs.

If your basic requirements are quick and inexpensive, why not check out **Bruegger's Bagel Bakery** at 104 W. Franklin St.? They serve fresh-baked cinnamon-raisin,

plain, poppyseed, pumpernickel, onion and whole wheat bagels with a variety of flavored cream cheeses.

By driving your own or hijacking someone else's car, you could travel down to 1305 E. Franklin St.'s **Sunrise Biscuit Kitchen**, a drive-thru breakfast spot. They feature ham, sausage, steak, bacon, chicken, sprout, cheese and egg biscuits for \$1 to \$2. But the big treat awaiting you here is a mouth-watering sticky cinnamon bun. The Sunrise Biscuit Kitchen opens at 6:30 a.m., which gives you plenty of time to eat on your way to that stimulating 8 o'clock class.

If, however, you were lucky

class at noon, perhaps you would enjoy a more leisurely breakfast spot. **Breadmen's**, at 337 W. Rosemary St., may be what you are looking for. Open at 7 a.m., they serve omelettes, pancakes, bacon, sausage and other basic breakfast foods all day long. For only \$3 to \$5, you can try their excellent cream cheese omelette or some blueberry pancakes. But if breakfast isn't what you're after, Breadmen's also has hamburgers, salads, sandwiches (including those for misplaced Northerners) and banana pudding that can't be beat. Beer, wine and mixed drinks are also available from their extensive bar.

For a cultural experience, you might try dining on eggs Benedict as you listen to classical music at **The Carolina Coffee Shop** at 138 E. Franklin St. They offer one of the finest breakfast menus in the area for anywhere from \$3 to \$7. On Tuesdays through Sundays the Coffee Shop opens at 9 a.m., and on Mondays not until 11:30 a.m. Breakfast is served until 3 p.m. on each of these days. The Coffee Shop also offers lunch and dinner fare with interesting gourmet items such as brie and bacon sandwiches, black bean soup and a large selection of crepes, including a sumptuous chocolate mousse crepe for dessert. Or, if you have a lot of time to

wait (especially on the weekends when the place is packed) walk down to **Ye Ole Waffle Shop**, the restaurant that doubles as a Chapel Hill institution. Open Monday through Saturday at 7 a.m. and Sunday at 8 a.m., they serve delicious eggs, omelettes, pancakes, waffles and bacon. Not to be missed are the hash browns, the beef Stroganoff omelette and the pecan waffles.

If none of these tempts you, you can always run down to **Shoney's** (although it'd probably be a better idea to drive or bike there since it's located near Kroger Plaza on East Franklin Street) for the tried-and-true All-You-Care-to-Eat Breakfast Bar.



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