

PARENTS WEEKEND

Breakfast is the cure for the bleary-eyed

By ALISA DEMAO

Staff Writer

Mornings ought to be against the law. It is true, however, that there are people who actually enjoy that sort of thing (masochists). But for those who actually get up in time to eat breakfast, here's a handy-dandy guide to the places to eat breakfast in Chapel Hill. And those who don't have the word breakfast in their vocabulary might learn something too.

Breadmen's: The truly great thing about Breadmen's is that they serve breakfast at any hour. Or conversely, one can order dinner at any hour. (This for the people who get dragged to breakfast but can't bear the thought of eggs.) The omelets are highly recommended; they must use about four eggs each.

Located on Rosemary Street, Breadmen's is relatively inexpensive as well. It's open from 7:30 a.m. to 2:30 p.m. and from 5 to 11 p.m. on weekdays and from 7:30 a.m. to 11 p.m. on weekends.

Bruegger's Bagel Bakery: This is probably the most inexpensive place to eat in Chapel Hill. A mere 37 cents can buy a plain, poppy, ses-

ame, garlic, onion or pumpernickel bagel for breakfast or any other meal. The favorite seems to be cinnamon raisin. Bruegger's also offers a variety of toppings, including cream cheese (plain and flavored), lox, and practically any kind of sandwich meat and toppings possible.

Bruegger's is located on Franklin Street beside Ben & Jerry's. From Monday to Saturday, hours are 6:30 a.m. to 9 p.m. On Sundays, Bruegger's is open from 8 a.m. to 5 p.m.

Carolina Coffee Shop: The cultural place to dine, the coffee shop offers "the elegance of classical music." They also offer fresh-ground coffee, eggs Benedict and eggs Sardeau, as well as more mundane breakfast foods such as pancakes and French toast. Check out the Tivoli Grill, an omelet that includes onions, peppers and mushrooms.

The coffee shop is located across from the NCNB Plaza on Franklin Street and is open Mondays from 11:30 a.m. to 10:30 p.m., Tuesdays through Sundays from 9 a.m. to 10:30 p.m.

Columbia Street Bakery: Rumored to have the best cafe au lait in Chapel Hill, Columbia Street serves a mean



Breakfast is so good at Breadmen's they just can't stop serving it

DTH/Fin

cup of cappuccino too. They offer a variety of bakery products fresh-baked throughout the day that include muffins, danishes and a spinach feta turnover. This is another place where you can eat for pennies: muffins av-

erage 71 cents, danishes \$1.25. A sure winner is the bear claw, a pastry filled with a mocha-chocolate mixture and sprinkled with slivered almonds.

The bakery is next to Copytron on Columbia Street. It's open 7:30 a.m. to 11 p.m. on weekdays, from 8:30 a.m. to midnight on weekends.

Continental Cafe: This is a good place to go for a traditional breakfast, they offer two eggs, bacon and grits for \$3.25, as well as omelets, pancakes and French toast. For a change of pace, try the Mediterranean Omelet made with spinach and feta cheese for \$4.20.

The cafe is on Henderson Street across from the post office. Breakfast is served until 11 a.m., with Sunday brunch lasting from 11 a.m. to 1 p.m.

Dip's Country Kitchen: Another restaurant that offers a traditional breakfast of two eggs and your choice of meat. When they say your choice they mean it; Dip's serves everything from bacon and sausage to pork tenderloin and salmon. Prices range from around \$2.50 to \$4.50.

Dip's is located at 405 W. Rosemary St. and is open from 8 a.m. to 10 p.m. Monday through Saturday, Sundays from 8 a.m. to 9 p.m.

Mariakakis: Mostly known for its traditional Greek and Italian food, Mariakakis has just about the best bakery you'd want to find. A great place to pick up a morning treat.

Mariakakis is open from 9 a.m. to 9 p.m. Monday through Saturday (closed Sundays). It is located on N.C. 15-501 Bypass across from the Holiday Inn.

McCarthy's: Another restaurant famed for its dinner offerings, McCarthy's features a great Sunday brunch. Specialties include various waffles, quiche and omelets, including a crabmeat and artichoke omelet and the favorite "three-plus-one" made with four eggs, bacon, ham, sausage three cheeses and covered with hollandaise sauce.

McCarthy's can be found in the Kroger Plaza on Franklin and Elliott

roads. Brunch is from 11 a.m. to 2 p.m. on Sundays.

Ruben's: This is the recommended place to throw the food budget to the wind and splurge. A breakfast buffet during the week includes eggs, oatmeal, meats, waffles and fruit for \$5.95. They also offer a Sunday brunch from 11 a.m. to 2 p.m. for \$14.95. Added to the regular all-you-can-eat breakfast buffet are a variety of soups, meats, vegetables and desserts. Do it at least once before you graduate.

Ruben's is located inside the Omni Europa on N.C. 15-501 Bypass. The restaurant opens at 11:30 a.m. weekdays and 11 a.m. on Sundays.

Spanky's: Sunday brunch at Spanky's includes eggs Chesapeake, eggs Benedict, quiche (vegetarian, seafood or beef), Belgian waffles, blueberry buckwheat pancakes and "smoothies." The omelets, including Mexican, seafood and bacon-brie-tomato, are highly recommended. Their cook, an ex-football player, can supposedly put anything in your omelet and it'll turn out good.

Spanky's is located on the corner of Franklin and Columbia. Brunch is served from 10 a.m. till 2 p.m. Sunday.

Sunrise Biscuit Kitchen: This little drive-through kitchen has just about any kind of biscuit thought of by man, including egg, steak, chicken and sprout. The real goody here is the gigantic cinnamon sticky bun.

The kitchen is all the way down Franklin Street toward the University Mall.

Ye Olde Waffle Shop: Specializing in breakfast foods, this is supposed to be the place to go for breakfast. No one can graduate until they've eaten here. And can that many Carolina students be wrong? Breakfast includes waffles, omelets, pancakes and continental breakfasts.

Located on Franklin Street next to the post office, the waffle shop is open from 7 a.m. to 3 p.m. Monday through Saturday, and from 8 a.m. to 3 p.m. on Sundays.

PASSAGE TO INDIA

Superb Indian Cuisine

Appetizers:

PAKORA Spinach and Onion Fritters
SAMOSA Turnover Stuffed with Peas and Potatoes
MIXED APPETIZER Consists of a Machchli, Tikki, Murg Pakora, Pakora and cheese Pakora

Vegetable Specialties (Sabzian):

BAUNGEN BARTHA First Roast Eggplant, mash, Cooked with Peas, Tomatoes, Onion and Spices
PALAK PANIR Indian Cream Cheese and Spinach Curry
ALO CHANNA MASSALA Chick Peas and Potato Curry

Seafood Specialties:

FISH MASSALA CURRY Boneless Haddock Marinated in Spicy Yogurt and cooked with delicious gravy, Onion and Green Pepper.
SHRIMP VANDALOO Potatoes cooked in sharply spiced Onion Gravy

Chicken Specialties (Murg):

MURG SAG Chicken Curry cooked with Spinach
MURG VANDALOO Very Hot Chicken Curry cooked with Potato
MURG TIKKA MASALA Roasted Boneless Chicken in Creamy Tomato Sauce and Spices

Lamb Specialties:

LAMB DOH PEEAZH Lamb Curry Roasted with Onions and Tomatoes
LAMB SAG Lamb Curry cooked with spinach
LAMB VINDALOO Very Hot Lamb cooked with Potato

LUNCH ENTREES \$4.25 to \$4.95

We also serve 7 different types of Indian Bread

Lunch 11:30-3 Mon.-Sat.
Dinner 5-11:00 Fri. & Sat.
Sunday thru Thursday 5-10:30 pm

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