

Daruma Japanese Restaurant

by Kimberly Britt

If you like quiet, small, and practical restaurants, you would enjoy the Daruma Japanese Restaurant. It is located at 3417 Hillsborough Street beside Arby's and across the street from Kentucky Fried Chicken. The Daruma may not look like much, but it is an excellent place to eat. The exterior of the building is plain and quaint. The owners do not advertise except by word of mouth. Daruma is considered by oriental families in the area to be authentic.

The interior is inviting, with oriental designs and employees. Customers have a choice of eating accommodations, either Japanese style or American style. Japanese style is taking off your shoes, sitting on the floor at small tables, and eating with chopsticks—but if you want to, you can spoil the effect by eating American style.

Daruma is run by a Japanese family. The service is friendly and attentive. Each meal is served with hot green tea, rice, egg drop soup, pickled sprouts, and vinegar

cabbage as appetizers. The price of the meal is moderate for the portions, which are more than enough food to satisfy any appetite.

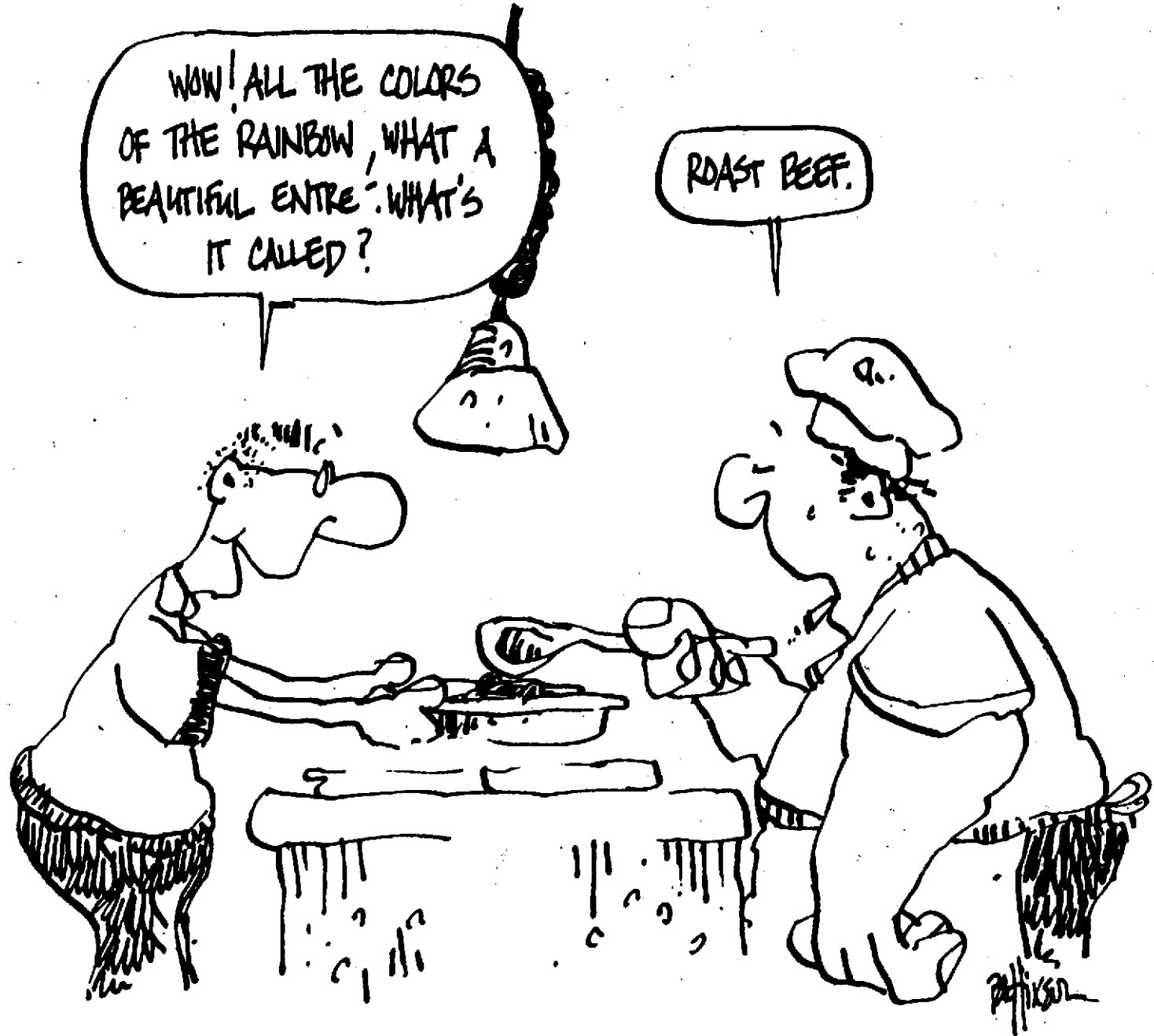
One of my favorite dishes is tempura. It is one of their most popular and delicious dishes in which bite-size bits of fresh fish,

shrimp, and vegetables are lightly battered and deep fried in vegetable oil. The most expensive item on the menu is sushi, which is raw fish. The restaurant has a sushi bar where customers may eat all they desire.

Daruma takes reservations, and it's a good idea to make them, since the building

is small. Daruma's hours are Tuesday through Saturday 11 a.m. until 1:30 p.m. and 5:30 p.m. until 9:30 p.m.

For the past five years I have been dining at Daruma's. It is my favorite restaurant in the Raleigh area because of the casual atmosphere and excellent food.



classified

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Crossword Answers

SPINOZA	PHAROS	
CALIBER	REGATTA	
ALLTOLD	EMITTED	
LAN	EDENS	SHORE
EVES	ANEAR	EMIL
NESTS	SOLES	ALE
ERSATZ	NEPTUNE	
VEER	SEAN	
BRENNAN	LISTED	
LEE	ODIUM	NERVE
ERST	ALDER	ROIS
MATIN	LEMON	DDE
UTILIZE	BLEEDER	
REVELER	ELEMENT	
REDENY	RODENTS	

D'Lites Helps You Watch Your Weight

by Dean Parker

Choosing a place to have lunch in Raleigh is challenging. There are lots of restaurants and fast food places to choose from. A new place to add to the list is D'Lites.

D'Lites is located on Western Boulevard between the intersections of Western and Gorman Street and Western and Method Road. It is a fast-food restaurant with prices in the average range. Its service is similar to Wendy's: you order at one end of the counter and pick up at the other. The service is quick, and the food is very good. But the best thing is that it is low in calories.

D'Lites serves food for the calorie-

conscious person. Each item on the menu is prepared in the most nutritious way. The menu ranges from potato skins to a salad bar to sandwiches to ice cream, all of which are low in calories.

Potato skins, for example, are one of the appetizers a person might choose in a fancy restaurant. D'Lites also has potato skins. They have three kinds of them to choose from, each with a variety of toppings. Even with the toppings, each skin has only about 80 calories.

D'Lites has a 38-item salad bar for the light eater. Each item's spoon has the calorie count written on it for each spoonful. The items on the salad bar include carrots, lettuce, cauliflower, broccoli, spinach, cottage cheese and other types of cheeses, bacon bits, and sunflower seeds, just to

name a few. And for the fruit lover there are all types of light fruits. Of course, reduced calorie dressing and crackers provide the final topping.

D'Lites has printed a pamphlet to let one know exactly how many calories one has consumed. The pamphlet tells how the food is prepared and how they manage to keep the caloric content low.

In the hustle and bustle of today, fast-food restaurants are becoming more and more popular. People are becoming more aware of their health and the food they eat. Restaurants are also aware of this fact and are trying to suit the needs of their customers. D'Lites has succeeded in this task has made watching one's weight a little easier and more enjoyable.

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