

# Take the Chinese food challenge

By LAURIE RODGERS  
Staff Writer

Do you find yourself awakening from nightmares about cafeteria food: the greasy hamburgers, fried chicken and infamous taco salad?

Treat yourself to Chapel Hill's Chinese cuisine. There are six restaurants to consider: The Dragon's Garden, Four Five Six, The Golden Dragon, Hunam Chinese Restaurant, Lotus Inn and The Phoenix. Each varies in price range and atmosphere, from the casual fast-food ambiance of Four-Five-Six to the simple elegance of The Phoenix.

Although a Carolina poster and formica booths greet customers at Four-Five-Six, the Chinese lanterns and awning remind them the restaurant is Chinese — not an American fast-food joint, though nothing on the menu exceeds \$2.

Four-Five-Six, at 118 E. Franklin St., serves no alcohol, and informal dress is appropriate.

A few doors away from Four-Five-Six lies The Golden Dragon. Its greatest advantage is its price. For \$1.39, for instance, one can choose sweet and sour pork or Kung Pao Chicken.

The Phoenix has operated in Chapel Hill nearly two years. At

1404 E. Franklin St., the restaurant displays a relaxed atmosphere, with exquisite plants and a spacious dining area. The Phoenix is open seven days a week and delivers.

Those craving a Chinese feast should eat lunch at The Phoenix. The restaurant offers an all-you-can-eat luncheon for \$3.95

Three years ago, The Dragon's Garden opened its doors with a warm and attractive decor. Bamboo chairs, elaborate vases and flowers welcome diners to 407 W. Franklin St.

Dinner prices range from \$4.50 to \$9. Alcohol is served.

Chinese food lovers also can sample the oldest Chinese restaurant in Chapel Hill, though recently moved to Airport Road: Hunam. For \$3.25, one can enjoy rice, soup and a main dish. The Cantonese and roast duck are favorites, along with the fried rice. Or be courageous and sample the hot and spicy foods. Beer and wine also are available.

David Chu, manager and part owner of Hunam, promises: "We'll give high quality food for the price. You will not be disappointed."

If you're in the mood to venture out of downtown Chapel Hill, the Lotus Inn in the Glen Lennox

Shopping Center is a wise choice. The inn has much to offer, including an American-style breakfast, served daily. Dinner prices start at \$3.50.

Favorite dishes include the Lotus Inn shrimp and General Zoan chicken. Beer, wine and mixed drinks are served. The restaurant is open every night except Monday. A party room seating 125 is available.

So invest in chopsticks and accept Chapel Hill's Chinese food challenge. As a UNC senior from Connecticut stated, "If you haven't tried Chapel Hill's Chinese food, you haven't lived."

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# STEREO SOUND

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942-8546

Greensboro  
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(Next to McDonald's)  
292-7400

Raleigh  
7105 Glenwood Avenue  
(Next to Circuit City)  
782-4111

Winston-Salem  
3443 Robinhood Rd.  
(Across from Pizza Hut)  
768-0150

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## Sandwiching a meal into your routine

By LOUIS CORRIGAN  
Staff Writer

As you walk from the library past Old East and across the quad toward Franklin Street thinking of a sandwich for lunch or dinner, you're probably thinking about Subway or Sadlack's. And your choice depends as much on your mood and the weather as it does on your taste buds.

Subway probably is your choice if it's sunny and you want to eat on the wall in front of the University United Methodist Church, because Subway has no seating. The subs are made to order from whatever kinds of oils and condiments you choose.

The Tarheel (ham, turkey and roast beef) sells at \$2.70 for the six-inch sub and \$3.99 for the full sub. The Vegetarian costs \$1.30 and \$1.99, respectively. Any sub can be made into a salad at the same price, but the bread is homemade and good.

Sadlack's Heroes & Deli is homey and comfortable and much more of a restaurant than Subway. There are tables and booths for groups and a long bar from which singles can eat, read the paper and be entertained by those folks making sandwiches.

Those folks might be Holden Richards, guitarist for One Plus Two, or Kevin Dixon, cartoonist for *The Phoenix*. Whatever plays over the speakers (The Doors, Bob Marley, The Grateful Dead or Suicidal Tendencies) one of the employees is liable to be singing along. Is "laid back" the proper phrase?

There is a number of hero combinations in the \$2.75 to \$3.75 price range. The Dr. Frank's Italian sub special (\$2.90) is the most popular.

"People will take a really long time to look at the menu and then order a Dr. Frank's," said employee Ellen Goyer.

Vegetarians may enjoy the Super Sprout (\$2.10) and Don's Delight (toasted branola bread, cream cheese, pineapple and alfalfa sprouts for \$2). Dr. Brown's sodas, herbal teas and St. Pauli Girl should satisfy Yippie and Yuppie alike.

Sadlack's is open 11 a.m. to 1 a.m. daily. Subway opens at 10:30 a.m. daily and closes at 2 a.m. Sunday through Thursday, 3 a.m. Friday and Saturday.