

# A Small Taste of Erie's Finest in Dining

a freshman feature supplement by Caley Doran and Rachel Lyon

## MILLCREEK MALL'S NEWEST MEMBER IS SMOKIN'

by Rachel Lyon  
staff writer

It could be called a sports lover's heaven or just a haven for those who crave good food, personable service, and a lively atmosphere. The newest addition to the Erie sports bar scene is a big hit with local diners, and has a step or two up on their competition.

Smokey Bones BBQ and Sports Bar recently moved into the area, taking the place of the now defunct Mexican restaurant Don Pablo's in the Millcreek Pavilion, just off of Interchange Road.

The national chain has a unique history, dating back to 1968. A rugged young iron maker named "Duke" hand built a new kind of BBQ smoker from an old section of the Rocky Mountain pipeline. His creation produced some of the best BBQ ever tasted, and everyone always loved hanging around at Duke's. Thus, the legend was born. Now, his appreciation for the high country, friends and sports of all kinds, make up Smokey Bones BBQ.

Customers know this just by walking in. Immediately, they are greeted with the rustic smell of a BBQ, friendly service, and a mural, which allows you to feel like you are in fact, sitting at the window of a log cabin, looking out over one of the many lakes of the Rockies. They are also greeted by more sports than they could ever imagine. Thirty or so televisions can be spotted throughout the mountain lodge decor. Each table has its own channel surfing and volume control buttons for whatever television they would like to tune into.

Ladies, if you take your boyfriends, don't complain when he starts channel surfing just like on the couch at home.

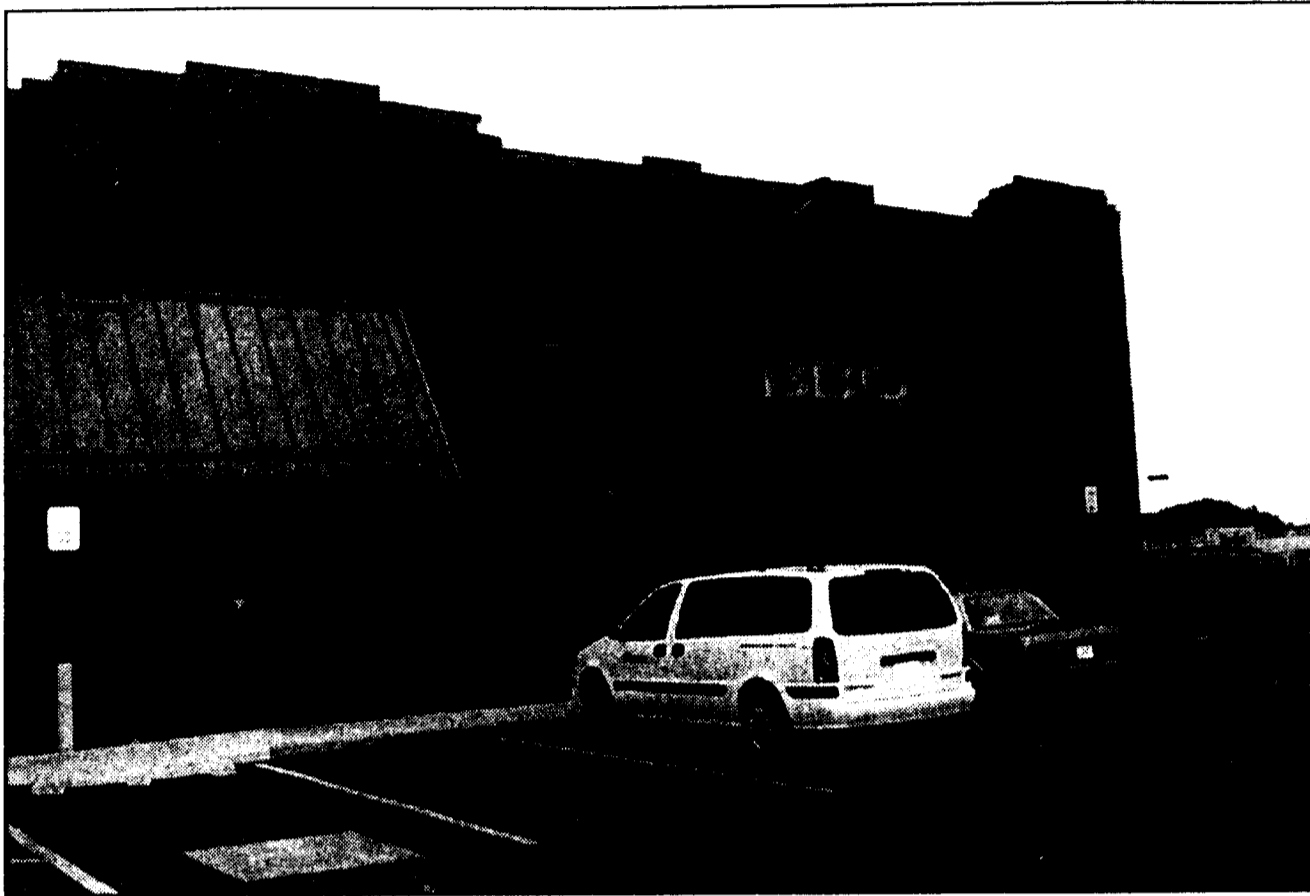


PHOTO BY CALEY DORAN / BEHREND BEACON

Located at 2074 Interchange Rd. in the former Don Pablo's, Smokey Bones is the one of the newest restaurant additions to the Erie area.

He can't help it. He's in a sports utopia.

Besides the sporting atmosphere, service is quick, friendly, and efficient. The menu offers a variety of sandwiches, salads, and appetizers, which is typical for the sports bar scene. The portions are generous and the prices very reasonable. Included on the menu are Smokey Bones "award-winning BBQ Baby Back Ribs,"

which are great to chow down on while watching Penn State or the Steelers stomp all over their opponents. Smokey Bones also offers its own specialty BBQ sauces, each made for different spice tolerances. They vary from a sweet, tangy flavor, to that made from the hottest peppers around.

Smokey Bones is hugely recommended to sports fans or just fans of good food.

The restaurant also offers a Monday Night Football special wherein, if a safety occurs, your food is free. If Duke were there, he would greet you at the door with the smell of BBQ and say, "Welcome, you'll never be a stranger here!"

## AN IMPRESSIVE DATE

### \* The Waterfront Seafood and Steak House:

Located on scenic Lake Erie, foot of State Street

### \* The Pufferbelly:

A name that holds true, found at 414 French Street

### \* Papermoon Restaurant Gallery & Jazz Club:

A sophisticated dinner date that would impress anyone, on 1325 State Street

## THE BEST IN CASUAL DINING

### \* Applebees:

Features basic, casual dining menu with two convenient locations, one at 2911 West 12th, the other 7790, upper Peach Street.

### \* Damon's Clubhouse Restaurant:

A great meal and your favorite team on one of the three big screens, located at 7165 Peach Street.



## A Trip Around the World

### \* Hibachi Japanese Steak House:

Unique Japanese cuisine at 3000 West 12th Street

### \* Super China Buffet:

All your favorite chopstick food, eat-in or carryout, right off of West 26th Street in front of the K-Mart Plaza.

### \* Olive Garden:

Delicious pasta just like mama used to make, located just off lower Peach Street, across from the Millcreek Mall

### \* El Canelo:

Te gusta la comida Mexicana? If so, check out West 12th Street, half a mile west of Yorktown Center.

## BK vs. Mickey D's

by Caley Doran  
staff writer

Fast food restaurant giants McDonald's and Burger King serve similar foods at similar prices in a similar fashion. Consumers of their products often ponder, which is really better?

The Burger King customer promise states, "Burger King is flame-broiled burgers, fries and soft drinks at a good value, served quickly and consistently by friendly people in clean surroundings."

The McDonald's website states, "We are committed...to doing what is right, to being a good neighbor and partner in your community, and to conducting our business with the environment in mind."

Both Burger King and McDonald's have both recently introduced value menus. The "BK Value Menu" consists of a grilled sourdough burger, onion rings, side garden salad, bacon cheeseburger, french fries, five piece chicken tenders, milkshake, two tacos, baked potato, chili, and soft drink. All these items are a "value" costing the customer only 99 cents each.

The McDonald's website urges its customers to, "Turn your dollar into something tasty." The McDonald's dollar menu consists of the "Big N Tasty", McChicken Sandwich, McValue Fries, soft drink, snack size Fruit and Yogurt Parfait, hot fudge sundae, side salad, and two pies. As one may have collected from the name, each of these items cost \$1.

Now, on to the burger competition. The Burger King "Whopper" and the McDonald's "Big Mac" are essentially the same burger with different titles. The Whopper without mayonnaise contains 600 calories, 250

of which are fat calories. That's 28 grams of fat and 12 grams of saturated fat. The Whopper contains 34 grams of protein.

The Big Mac without mayonnaise contains 590 calories, 310 of which are fat calories. The Big Mac contains 34 grams of fat, 11 grams of saturated fat, and 24 grams of protein.

Some people look for the healthiest choice possible, even when eating at fast food restaurants. As a result, most opt for a salad. Fast food salads can be deceiving; what appears healthy often has hidden fat and calories. A McDonald's Grilled Chicken Caesar Salad, containing one package of Caesar dressing, contains 250 calories, 145 of which are fat calories. That's 15.5 grams of fat and 4 grams of saturated fat. The salad contains 18 grams of protein.

A Burger King Chicken Caesar Salad, containing the same dressing as the McDonald's salad, contains 210 calories, 170 of which are from fat. The salad contains 19 grams of fat, 5.5 grams of saturated fat, and 26 grams of protein.

People are often deceived by the idea that lettuce is healthy. The truth is, ordering a plain hamburger in place of the salad will cost you about 100 more calories, but it will save you 50 fat calories.

Burger King has recently added the BK Veggie to its menu in order to accommodate its vegetarian customers. The Burger King web site states, "The flame-broiled BK Veggie is a delicious blend of garden fresh vegetables, whole-grains and spices topped with lettuce, tomatoes, and a creamy reduced fat mayonnaise-all on a sesame seed bun."

Burger King is the first national fast food chain to offer a Vegetarian Burger on its menu. McDonald's does not offer a Veggie Burger on their menu.

