

The Food Corner - with Allan Carter

More adventures in the pursuit of culinary perfection and a proper baked potato.

The Coffee Mill: Excellent "Slimy Creatures" and Cheap Chicken

While malls are not my most favorite place, the Fredericton Mall does have a redeeming quality: The Coffee Mill. The restaurant boast a large seating area in two different dining rooms. The inner room is very nice if you wish to get away from the noise and hustle and bustle of the mall crowd. The room is well lit, but the lighting is not glaring and one is able to focus completely on his/her meal while unobtrusive "muzac" (or elevator music) is piped into the area.

The last time I dined at the Coffee Mill I began my meal with escargots, and for my main dish I had the scallops wrapped in bacon. While I have had better escargots, it was a delightful surprise to see that the cheese was not powdered but rather it was mazzorella cheese melted down into the slimy creatures which were drowned in garlic. Yummm. The onion broth is another pleasant light appetizer which is roughly \$2.00.

The scallops were very palatable and although the bacon was a bit fat and not cooked as crisp as I like it, the meal was far from disappointing. However, I would not have protested if a few more scallops had been on my plate. My friend ordered the quarter chicken and commented that the helpings were copious and he enjoyed the meal tremendously. The tender chicken was roasted and covered in barbecue sauce.

Our side dishes consisted of baby carrots and baked potato. But the Coffee Mill has an adequate choice of potato, you can also choose from mashed or french fries.

The evening I was there the hot, ginger bread cake was on special for only \$1.75. This is a fresh tasty treat for those who love dessert but don't wish to pay much for it. If you go to The Coffee Mill keep an eye out for these dessert specials.

My meal came to a whopping \$24.59 (with taxes), however I did order the escargots and the dessert. My friend's bill was only \$12.22 (excluding dessert). It appears that the chicken dinners at the Coffee Meal are very well priced considering the generous portion you receive and the quality of the cooking.

If you do decide to go to the Coffee Mill make sure you have a lot of time on your hands because while the waitresses are very professional, the service is relatively slow.

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This is...SPINAL TAP!
 &
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Lucky Charms

INGREDIENT LISTING
 WHOLE GRAIN OAT FLOUR, MARSHMALLOW BITS, SUGAR, MODIFIED CORN STARCH, CORN SYRUP, DEXTROSE, GELATIN, ARTIFICIAL FLAVOUR, SODIUM PHOSPHATE, COLOUR, SUGAR, DEGERMED YELLOW CORN MEAL, WHEAT STARCH, SALT, CORN SYRUP, VITAMINS (NACINAMIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, VITAMIN B₁₂, FOLACIN), MINERAL (REDUCED IRON, TRISODIUM PHOSPHATE, COLOUR)

NUTRITION INFORMATION

Serving Size	Per Serving	
	Cereal Only	Cereal Plus 125 ml 2% P.S. Milk
30 g = 250 ml	1 cup	
Energy	120/500	185/770
Calories/kJ		
Protein g	2.1	6.6
Fat g	0.8	3.3
Carbohydrate g	25.7	31.7
Sodium mg	144	208
Potassium mg	55	253

PERCENTAGE OF RECOMMENDED DAILY INTAKE

VITAMINS	Cereal Only		Cereal Plus 125 ml 2% P.S. Milk	
Vitamin D	0	26		
Riboflavin (B ₂)	0	13		
Niacin	6	7		
Vitamin B ₆	10	13		
Folacin	8	11		
Vitamin B ₁₂	0	25		
Pantothenate	7	13		
MINERALS				
Calcium	0	14		
Phosphorus	7	18		
Magnesium	7	14		
Iron	29	29		
Zinc	6	11		

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INGREDIENTS
 FARINE D'AVOINE ENTIERE, MORCEAUX DE GUIMAUVE (SUCRE, AMIDON DE MAIS MODIFIE, SIROP DE MAIS, DEXTROSE, GELATINE, AROME ARTIFICIEL, PHOSPHATE DE SODIUM, COLORANT), SUCRE, FARINE DE MAIS JAUNE DEGERME, AMIDON DE BLE, SEL, SIROP DE MAIS, VITAMINES (NACINAMIDE, PANTOTHENATE DE CALCIUM, CHLORHYDRATE DE PYRIDOXINE, (VITAMINE B₆), FOLACINE), MINERAUX (FER REDUIT), PHOSPHATE TRISODIQUE, COLORANT

INFORMATION NUTRITIONNELLE

Une Portion	Par portion	
	30 g = 250 ml = 1 tasse	Céréales plus 125 ml de lait p.p. (2%)
Énergie	120/500	185/770
Calories/kJ		
Protéines g	2.1	6.6
Matières grasses g	0.8	3.3
Glucides g	25.7	31.7
Sodium mg	144	208
Potassium mg	55	253

POURCENTAGE DE L'APPORT QUOTIDIEN RECOMMANDÉ

VITAMINES	Céréales seules		Céréales plus 125 ml de lait p.p. (2%)	
Vitamine D	0	26		
Riboflavine (B ₂)	0	13		
Niacine	6	7		
Vitamine B ₆	10	13		
Folacine	8	11		
Vitamine B ₁₂	0	25		
Pantothénate	7	13		
MINÉRAUX				
Calcium	0	14		
Phosphore	7	18		
Magnésium	7	14		
Fer	29	29		
Zinc	6	11		

UNE SOURCE DE 8 ÉLÉMENTS NUTRITIFS ESSENTIELS
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