presented by:

## The Food Corner - with Allan Carter More adventures in the pursuit of culinary perfection and a proper baked notate.

## 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.

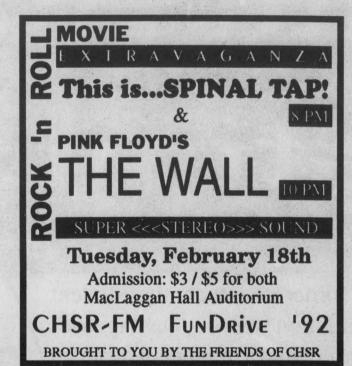
The last time I dined at the Coffee Mill I began my meal with escargots, and for my main dish I had the scallops wrapped in bacon. While I have had better escargots, it was a delightful surprise to see that the cheese was not powdered but rather it was mazzorella cheese melted down into the slimy creatures 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

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.



So The Next Time Your Mom Insists You finish Your Oatmeal, Think on This for A Moment..

NUTRITION INFORMATION Per Serving				
Serving Size	30 g = 250 mL 1 cup			
Energy Calories/kJ Protein g Fat. g Carbohydrate g Sodium mg Potassium, mg	Cereal Only 120/500 2 1 0 8 25 7 144 55	Cereal Plus 125 mL 2% P S Milk 185/770 6 6 3 3 31 7 208 253		
PERCENTAGE OF	RECOMMEN	DED DAILY INTAKE		
VITAMINS	Cereal Only	Cereal Plus 125 mL 2% P S Mills		
Vitamin D Riboflavin (B)	0	26 13		
Niacin Vitamin B. Folacin	6 10 8	13 11		
Vitamin B. Pantothenate	8 0 7	25 13		
MINERALS Calcium Phosphorus	0 7	14 18		
Magnesium Iron Zinc	7 29	14 29		
	BESSENTIAL	NUTRIENTS		

INFORMA	TION NUTRITION	NELLE	
Une Portion	30 g = 250 mL = 1 tasse		
Energie: Calories/kJ Proteines: g Matières grasses: g Glucides: g Sodium: mg Potassium: mg	Céreales seules 120/500 2 1 0 8 25.7 144 55	Céréales plus 125 mL de lait p.é. (2%) 185/770 6.6 3.3 31.7 208 253	
POURCE	ENTAGE DE L'APP DIEN RECOMMAN	ORT DÉ	
VITAMINES	Céreales seules	Céréales plus 125 mL de lait p é. (2 %)	
VITAMINES VITAMINE D Ribollavine (B.) Niacine Vitamine B, Folacine Vitamine B, Pantothénate MINERAUX	0 6 10 8 0 7	26 13 7 13 11 25 13	
Calcium Phosphore Magnésium Fer Zinc UNE SOURCE DE 8 EL	0 7 7 7 29 6 EMENTS NUTRITI	14 18 14 29 11 FS ESSENTIELS	





first concert since the release of their CD Chokota