



DINING OUT

WITH RON BAIR

YOUR RESTAURANT, TRAVEL & ENTERTAINMENT GUIDE

THE BEST GYROS

A friend of mine, Rod Luck, who does Sports on KUSI television every night, always asks me to be on the lookout for good Greek restaurants. They're his favorites and that's how we ended up at the TROY'S JR. in the east end of Mission Valley the other night. It's a restaurant of many surprises. Most noticeably, however, is how very popular this place is... on an early Friday evening we had to stand in line a few minutes before we got a table. (Actually, I like that...it tells me all those people sitting at all those tables can't be wrong, the food here must be good.)

Now, this is not one of those fancy, tableclothed restaurants. It has tile floors, all seating is at tables on which there are fresh red roses and you have the option of ordering at the back counter or waiting for a waitress.

While it's basically a Greek restaurant, the owners, Philip and Noula Trakas, also offer nightly specials of homestyle American fare: pork roasts and halibut...that sort of thing. In the meantime, beautiful Greek music plays softly in the background.

Obviously, my wife's plate was mostly Gyros. We each tried a piece of that first. Now, we've eaten Gyros in Greece as well as all around this country...and this was the best we've had so far. It was terrific! But so was everything else (that's why it's always crowded), even the spinach, which is not one of my favorite dishes.

Taking my best friend with me (the woman married) we were twice lucky: first, getting an intimate table by the window and, secondly, being served Noula Trakas, herself. After telling her we wanted to get a fair sampling of the restaurant, she suggested the Greek Combo for me (\$6.25) and the Gyros Plate (\$4.95) for my wife. Nice choice, Noula. There were Gyros on my plate along with souvlaki (skewer tender sirloin, green peppers and onions) and Spanakopita (a pie made with fresh spinach).

We also had a Greek salad with large chunks of Feta cheese and a dressing whose formula is so secret Noula only smiled when I asked her what was in it. So, the food is great...but so are the prices. A plethora of favorite Greek dishes range from \$3.25 to \$6.25. A large Greek salad is \$4.75, the Roast Pork dinner is \$5.25, and sandwiches run \$2.50 to \$3.95. Noula said that service during the lunch hour is just about the fastest around.

Well, I truly recommend you try this place. If you like Greek food, you'll love TROY'S JR. They are open seven days a week and can be found in the Friars Village at 10450 Friars Rd. at the intersection with Mission Gorge Rd. Their phone number for take-out orders is 281-7741.