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# TROY'S RESTAURANT

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10450 Friars Road, Suite "S" • San Diego, CA 92120 • 281-7742

I opened a letter the other day and a menu for a restaurant called Troy's. On the back of the menu was a note from one of the restaurant's patrons. "Dear Mr. White, how long since you have seen prices such as these for any kind of food? Let alone good home-style food of large portions, healthfully cooked without excessive fat, salt or sugar. As a man of 65-years, with many 'laps' around the 'culinary track', I believe we have a generation or two who don't even know what good food is at any price."

Well, with an introduction like that, I knew I had to try Troy's Restaurant. It's a small place in a shopping center at Friars Road and Mission Gorge Road. the menu is also small, but when you walk through the front door, you can smell the aroma of good food cooking.

You walk up to a counter and order your food; you have a choice of Oven-Baked Chicken, which is half a chicken, baked in its own juice with herbs and a touch of spices. It's served with a salad, french fries or rice. that meal sells here for about \$2.55.

They also have Beef Kabob, marinated cubes of choice beef, onions, tomatoes, green peppers, which are skewered and broiled. The kabob is served on a bed of rice with a tossed green salad and costs \$3.15.

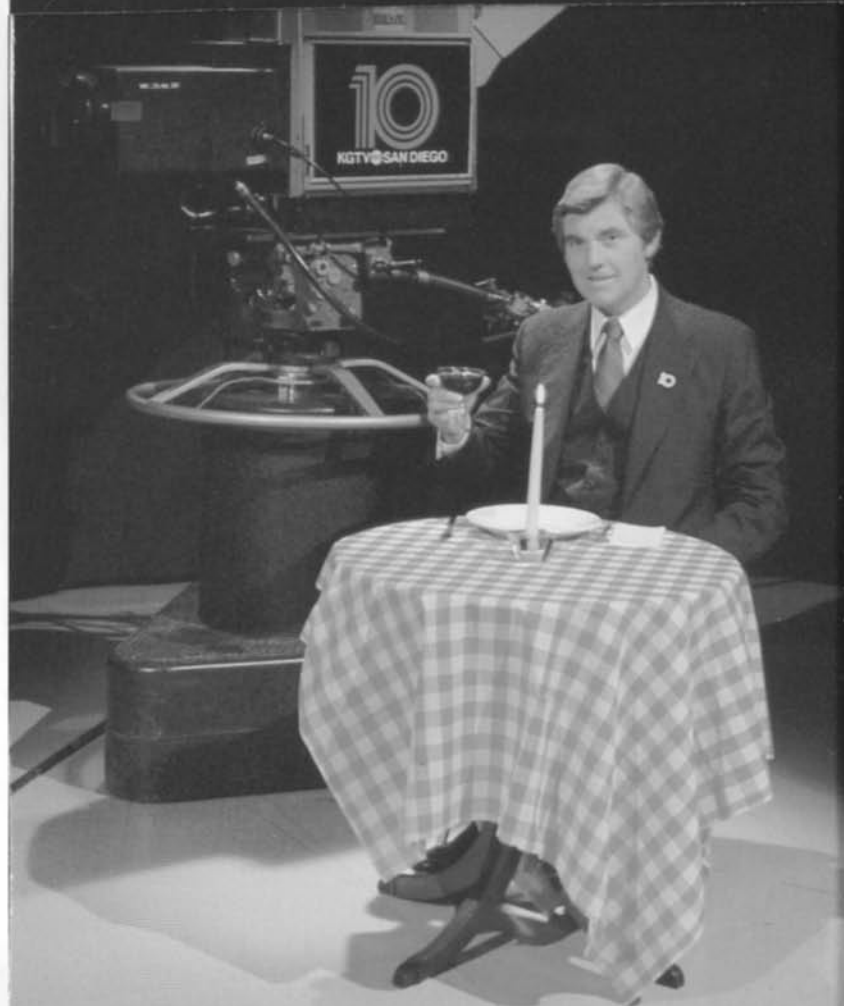
My personal favorite is the Roasted Pork. It's choice pork, seasoned and roasted in its own natural gravy, sliced and served with salad and rice. This dinner is \$2.55.

If you like fish, you will want to try their Fish and Chips; fish fillets dipped in tempura batter and deep fried. This meal, like the others, is served with french fries and a tossed green salad.

Troy's restaurant is what I call a "no frills" restaurant, but has good food. If you like hamburgers, you might want to try his half-pounder for lunch. It's great.

The atmosphere here is limited, but the food is everything Don Briggs, the man who wrote me the letter, said it was. So if it's no frills, but good cooking and reasonable prices you are looking for, you will probably want to put this restaurant high on your list of places to visit.

# Jack White In Good Taste



Jack White—KGTV's Restaurant Reviewer