

Troy's Jr. offers tasty Greek cuisine

By Eileen M. Sondak

The joys of Greek cuisine are still not widely appreciated in San Diego. Perhaps it's because there are so few fine Greek restaurants around — particularly in the inexpensive price range.

One very welcome newcomer to the scene is Troy's Jr., a little, unpretentious eatery tucked in a corner of a shopping center on Friars Road and Zion in Mission Gorge.

This excellent and inexpensive mom and pop style restaurant serves lunch and dinner, including takeout, seven days a week. The standard menu includes those tasty *gyros* (pronounced year-ose) you might have discovered in one of the big shopping centers.

But the seasoned meat slices served at Troy's are head and shoulders above the fast food variety. Served on warm pita bread with a tangy *tzatziki* sauce and veggies, this is a real treat. At \$2.75, it's a hefty sandwich, and you don't have to wait for an occasion to try it.

It's also available on a plate with a heaping order of Greek salad for \$4.25. You can combine it with *spanakopita* (that heavenly Greek spinach pie) for an excellent sampler (\$4.95).

Troy's serves American favorites like liver and onions, baked chicken (in a Greek style sauce), or fish and chips — all priced \$3.95 — and served at lunch or dinner. Burgers run \$1.85 and up.

Troy's posts daily lunch and dinner specials on a blackboard, and those are excellent values. When we tried Troy's — the *moussaka* — a Greek delight that mixes meat, eggplant and sauce in a wonderful casserole — was the dinner special. And we haven't found a better *moussaka* anywhere in San Diego. We haven't

found more generous portions anywhere, either, so be prepared to take home a doggie bag.

All the ingredients are fresh at Troy's — no canned, frozen or "preserved" items on this menu. The salads are always fresh because they're prepared twice daily — not because they're chemically treated. And you won't find MSG on the chef's seasoning shelf, so don't worry about that.

Desserts are homemade, of course, and excellent. The *baklava*, the most popular Greek delicacy, is made with flaky filo and chunky nuts — not the ground pulp you often get in locally made *baklava*.

Whether you want to stop in for a meal, or call in and take it home, you'll be pleased with the service at Troy's. It should make a lot of new fans for Greek food. Call 281-7741 for takeout, and don't wait too long to try it. This is not just for special occasions.