

OPINIONS

The best breakfasts to fight that morning hangover

Beth Lassaline

Reporter

Looking for that amazing breakfast to help fight the morning hangover? Finding that perfect holy trinity of grease, carbs and coffee took a week. The following are the results of the Charlottetown-wide search for the best hangover breakfast.

The Biggest, Best and Cheapest All-Day Breakfast **Maid Marion's** - fondly known as Maid's
21 Brackley Point Road. Open daily at 6 a.m., Sunday's 7 a.m.

Recommended Choice: The Robin Hood Combo, which includes your choice of deliciously greasy breakfast meat: bacon, ham or sausage, two eggs any style, two slices of the best bread I have ever eaten (smothered with real butter mmmmm) and a huge portion of deep fried home fries. Add on a bottomless cup of coffee or hot chocolate and you've got the Maid's breakfast special, all for just \$4.75

For those carnivores that just aren't satisfied by the three pieces of bacon, Maid's has the King Richard's Feast. (Yes, apparently breakfast can be a feast as well) Same plate as the Robin Hood, just add a 6 ounce medium rare steak instead of the bacon.

You may need a coronary after this breakfast, but hey, we're young...right? Maid's also offers homemade pie, and lunch specials, like two hamburgers for \$6.99

Not convinced? Well you should be, Maid Marion's owner for nearly 20 years, Peter Walker says "During an average weekend we will sell about five to six hundred breakfast specials." If you do the math that's about 1200 fried eggs, not including those especially hungry people that order three or four eggs! Peter adds "We want to sell the best food, with the biggest portions for the lowest prices...I don't want you to feel ripped off." Peter

loves being reputed as the best breakfast in town. He tells a story from about ten years ago when the WWF wrestlers came in for all day breakfast. "The Undertaker and his friends came in one morning and he ordered two stacks of pancakes, for awhile, all the young boys only ordered double stacked pancakes."

Oh and another thing, Peter has never spent a dime on advertising, he says, "the best advertising is word of mouth."

This breakfast scores five greasy bangers out of five!!!

The I'm Lovin' It Breakfast

MacDonald's
427 University Ave

They always seem to be open....
Recommended Choice: The sausage and egg McMuffin

This little combo includes, most obviously a sausage and egg McMuffin, a deep fried hash-brown, and a coffee or a small fountain pop. The cost: 3.59 plus tax

McDonald's has always been the best place for a quick take out breakfast, and you can't argue with the price. From what I hear though, guys, is that those little breakfast sandwiches just don't quite leave you full, and they may have some unpleasant side-effects afterwards. I'm not even going to put in the quote that I have regarding this matter.

But there is something to be said about MacDonald's, they use quality ingredients and they serve up a quality breakfast, hey at least they use real eggs! And never mind that weird smell that your house gets after leaving the MacDonald's take out bag on your kitchen counter. Oh and one more thing... as we probably all know MacDonald's breakfast is over at 10:30 am not 11:00 am, so if you're especially hung over, I recommend not driving. Just roll over and go back to sleep.

This breakfast scores three pop-star endorsers (who probably never eat the stuff) out of a possible five.

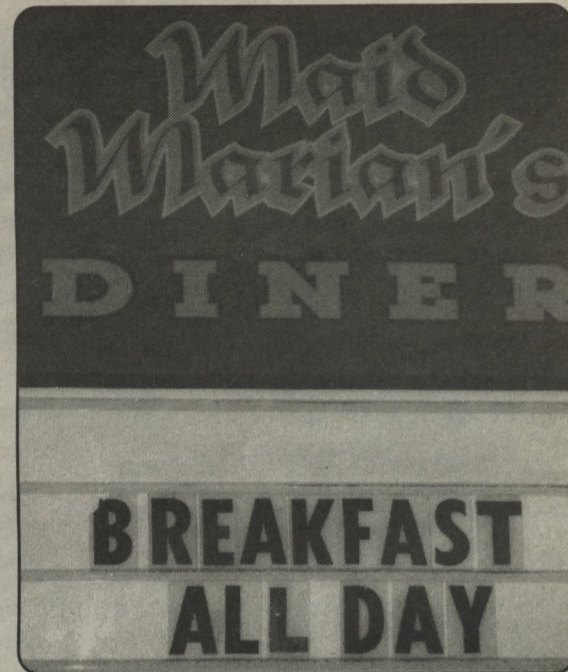


Photo: Beth Lassaline

Beth's pick for the best breakfast spot in town

The Ol' Pancake Breakfast
Smitty's Family Restaurant

Open Daily at 6 a.m., Sunday at 7:30 a.m.

Recommended Choice: Pancakes... and lots of them!!

If you're in the mood for pancakes, Smitty's is the place to go. They have every type of pancake (who knew there was more??) as well as various pancake toppings like 'fresh' fruit, sugary syrups, powders and whip cream. If you're looking for bacon, home-fries, eggs and toast though, you're probably not going to find it. They have so many different combos it's almost too much to think about...very tough decisions.

On the down side, it's a little expensive for this poor student. The Haystack breakfast, which includes five pancakes with bacon ham or sausage is \$8.49. But on the plus side, it's within walking distance from residence or Brown's Court, and when you walk home after eating all those pancakes, at least you'll be burning off a few calories.

Smitty's scores four carb-laden pancakes out of five.

Honorable Mentions:

Razzy's Roadhouse

Linda's

Koras

Tim Horton's

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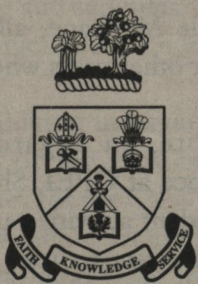
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