

SO SOUTHERN VOICE VO

DINING

S&S Cafeteria

Multiple locations including:
2002 Campbellton Road; 404-755-2005
3583 Chamblee Tucker Road;
770-455-8941
www.sscaterias.com

Jason's Deli

Multiple locations including:
250 10th St. 404- 853-3760
3330 Piedmont Road; 404-231-3333
4073 Lavista Road; 770-493-4020
www.jasonsdeli.com

Fifth Group Restaurants

Multiple concepts including:
Ecco
40 7th St.
404-347-9555
www.fifthgrouprestaurants.com

Trans fat free

Dine out with confidence to reduce 'bad' cholesterol

By HOPE S. PHILBRICK

Because they supposedly raise "bad" and reduce "good" cholesterol, artificial trans fats in oils, shortening and margarine used for frying and spreads are now banned from all New York City restaurants thanks to legislation that took effect July 1.

Atlanta has no such requirement, but take care of your arteries by dining at any of these restaurants, where artificial trans fats are off the menu.

S&S: The company behind S&S Cafeterias started in business six decades ago, and the incredibly low prices suggest they were set at its founding. The "Great American Favorite" deal includes a choice of entrée, two vegetables plus bread and butter for \$5.89. Children age 10 and under can enjoy an entrée, two vegetables, bread and butter, jello and a beverage for just 99 cents.

Fried menu options abound, but only trans fat-free Wesson oil is used. Entrée options include roast beef, fried chicken, country steak, oven baked chicken, broiled tilapia and carved ham. Sides include salads, potatoes, turnip greens, macaroni and cheese, fried okra, sweet potato soufflé, steamed broccoli and red beans and rice.

The dessert menu features homemade pies and cakes. Call the menu line to hear a recording of the daily selections. All food items are available for dine-in or take-out.

JASON'S DELI:

This chain of restaurants went trans fat-free in April 2005, the culmination of an initiative launched in 2000. While maintaining flavor was a key objective, ultimately 47 ingredients once made with partially hydrogenated oils — items that went into 80 standard menu items — were converted.

If you can't find something tempting here, you're way too picky. Create a sandwich from a selection of meats, breads and toppings or choose a standard like Rueben, club, BLT or tuna melt.

Soups like broccoli cheese, tomato basil and French onion are available by the cup or bowl. Build a salad at the bar, or let someone else do the work by ordering a Caesar, taco, chef or tuna salad.

Several healthy heart options like the spinach veggie wrap slimwich boast low calories in addition to low fat. Po'boys, paninis, wraps, pasta and loaded potatoes round out the entrée menu, all priced under \$10.



Ecco went trans fat-free early this year, but didn't sacrifice taste.

FIFTH GROUP: Each of this group's restaurant concepts — including Ecco, La Tavola Trattoria, The Food Studio, South City Kitchen Midtown and South City Kitchen Vinings — converted to trans fat-free menus in January 2007.

The menu at Ecco features seasonal cuisine with European influences. Starters include meat and cheese options, bruschetta, fried goat cheese with honey, short rib-stuffed piquillo peppers, Morel mushrooms with wild asparagus and fried egg and roasted mussels with saffron and chilis.

Wood-fired pizzas come topped with combos like tomatoes, mozzarella and basil or lamb sausage, peppers, garlic and taleggio. Entrées include capellini with bay scallops, Georgia trout wrapped in pancetta with treviso and sweet corn, and fig-glazed lamb loin with warm potatoes and chicory.

Pizzas, paninis and pastas are priced under \$20, and meat entrées are under \$35.