

# A Taste of MARYLAND HEIGHTS

## Eat Up! Buffet at Harrah's Offers Diners Both Variety and Value

Whether you're taking a break from the slot machines or just stopping in for a meal, the Eat Up! Buffet at Harrah's Casino offers an all-you-can-eat experience that proves quantity and quality can coexist in the same buffet line.

My dining companions and I arrived at the plush and inviting space shortly after 1 p.m. The contoured seating areas showcase the spaciousness of the restaurant while providing privacy. The buffet maintained a steady crowd throughout our stay but had more than enough space to accommodate visitors. Music playing softly in the restaurant ranged from Tom Petty to Barry White in keeping with the casino's fun atmosphere.

After a short tour of the extensive buffet area, I decided to plate up a variety of foods from the Asian-themed "Good Fortune" section. Offerings included beef and chicken satay, egg rolls, crab Rangoon and fried rice. Two entrees—beef and broccoli—spicy chicken, made me

want to skip the rest of the buffet and go back for seconds. Be sure to pick up one of the fortune cookies that predict good luck at the casino. After having my fill of the Far East fare, I ventured out to the buffet's other themed sections.

The "Toss Up" salad bar offers a variety of fresh fruits and veggies as well as several prepared specialty salads. The "Bella Bella" section features Italian food, with St. Louis standards like toasted ravioli and inventive dishes like pappardelle and asparagus with cherries. You'll find a pleasing array of comfort food, including fried chicken, mashed potatoes, black eyed peas and collard greens, in the "Down Home" section. We also found exotic options like pomegranate lamb and spicy boiled crawfish there.

Perhaps the most impressive section of the buffet is the "Fired Up" table that offers smoked turkey, beef brisket, sirloin, a perfectly spicy smoked sausage and other meats. The staff is happy to serve

fresh slices of the meat in whatever portions you like. They were quick to refill our drinks and whisk away our plates as quickly as we could empty them.

After such a satisfying meal, it hardly seemed like there would be room in our stomachs for desert. But the "Cakewalk" desert section is too good to miss. Its selection of cookies, ice cream, muffins, pies, tarts and gourmet cupcakes looks almost as good as it tastes. I savored an "Oreo Kiss"—an Oreo cookie covered with chocolate icing and then topped with ganache—before moving on to a black forest cupcake with sweet cherry filling.

Eat Up! Buffet is the perfect place to go if you're craving just a little bit of everything. Set aside plenty of time for your visit to the buffet, because your taste buds will be patiently waiting for your stomach's second wind.

by **Max Luft**, Public Relations Intern



### Eat Up!

#### Address:

777 Casino Center Drive  
Maryland Heights, MO 63043  
www.harrah.com

**Phone:** (314) 770-8100

#### Hours and Prices:

Breakfast: Mon. -Sat., 7 -10 a.m., \$9.  
Sun. Brunch: 7:30 a.m. - 3 p.m., \$18.  
Lunch: Mon. - Sat., 11 a.m. - 3 p.m., \$13.  
Dinner: Sun., Wed., Thu., 5 - 9:30 p.m., \$18. Sat., 4:30 -10:30 p.m., \$23. Mon., Tues. (crab legs), 5 - 10 p.m., \$24. Fri. (filet mignon), 4:30 - 10 p.m., \$24.

	Yes	No
<b>Reservations</b>		•
<b>Smoking Allowed</b>	•	
<b>Outdoor Dining</b>		•
<b>Carry Out Available</b>		•
<b>Credit Cards Accepted</b>	•	
<b>Kids Menu</b>		•
<b>Alcohol Served</b>		•



The dessert station at Eat Up! offers dozens of sweet choices to cap off your meal.