

A Taste of MARYLAND HEIGHTS

Delicious Flavors, Distinctive Decor Collide at the Trainwreck

There are lots of great places to eat at West Port Plaza, so restaurants there have to work a little harder to set themselves apart from the crowd. At the Trainwreck Saloon, the difference is obvious as soon as you walk through the door.

With the décor, the restaurant's owners have attempted to replicate a 19th century "Old West" saloon. Many of the antiques that adorn the interior are authentic pieces dating back to the turn of the 20th century, including the 12- by 30-foot oak bar. Swinging saloon-style doors, wood-planked floors, stained glass windows and brass beer taps complete the "Wild West" look. And while it's not exactly turn-of-the-century, the model train that circles above the bar fits in with the name of the restaurant and its menu, which draws heavily on railroad imagery for inspiration, with sections like "From the Cattle Car" (burgers) and "Extra Baggage" (side dishes).

Resident reviewer Glenn Stellhorn and I hit the Trainwreck for lunch on a Wednesday. West Port can be incredibly busy at lunchtime, so

save yourself some trouble and park for free in the garage – just make sure you have your server validate your ticket before you leave. Once you get inside, you'll probably find the Trainwreck to be just as bustling as the parking lot, but don't be dismayed. The spacious dining room seats dozens, and the wait staff is fast, friendly and efficient. There's also an outdoor patio perfect for fair-weather grazing, but on the day we went, the 100-degree heat had chased all the diners indoors.

We perused the lunch menu and were tempted by a number of items, like the "Smokey Mountain Burger Basket," a half-pound charbroiled burger (choose from regular ground beef, grass-fed beef or bison) topped with A-1 Bold Sauce, barbecue sauce, parmesan cheese, bacon and mushrooms. Side options include seasoned fries, veggie slaw, cole slaw, potato salad or cottage cheese (or substitute the unusual sweet potato fries for an extra charge). Veggie lovers might try their Spring Salad: mixed greens tossed with feta cheese, walnuts, dried cranberries, red onion and balsamic vinaigrette.

However, both of the daily lunch specials sounded too good to pass up. I had the grilled tuna sandwich, which was a thick filet of tuna atop a wheat bun and served with balsamic mayo. The hearty sandwich was at least as satisfying as a burger and kept me full and happy the rest of the afternoon. Glenn chose the homemade meatloaf, served with mashed potatoes and gravy and sugar snap peas – a great value for \$6.99. A hungry runner currently in training for a marathon, he also ordered the Trainwreck's special chicken gumbo to start and Snickers cheesecake to finish his meal and proclaimed both "excellent."

The Trainwreck is an equally good place to pull in for dinner, as they have an enticing dinner menu and evening specials, which on that day included a 10-ounce whiskey peppercorn sirloin for \$9.99. Add in their fill bar and live music most nights after 8 p.m. and you'll probably conclude that it's never a bad time to get into the Trainwreck.

by Sara Berry 

Trainwreck Saloon

Address:

314 West Port Plaza
Maryland Heights, MO 63146
www.trainwrecksaloon.com

Phone: (314) 434-7222

Hours: 11 a.m. - 1 a.m. daily

Prices:

Appetizers: \$5 - \$9; salads and soups: \$3 - \$8; burgers and sandwiches: \$6 - \$8; dinner entrees (ribs, steaks, chicken, seafood and pasta): \$9 - \$16.

Dress: Casual

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



As the weather cools down for fall, diners will return to Trainwreck's popular outdoor patio to enjoy their meals.