

When the temperature is 90+ and it's only August, are we thinking about trading in our Tevas for ski boots? Probably not. To create a little mood enhancement, crank up the AC, sit back, close your eyes and think white stuff. Maybe, Sunday River, ME. Do sign up for this trip, it's a "Classic".

Now we're skiing, keep those eyes closed. Now we're having fun. Now we're hungry. The whole point of this column, by the way, is of course food, namely lunch! Not big piggy lunches, just a "nice" lunch.

Sunday River has several "nice" lunch places. Head on over to the Jordan Bowl and ski down to "*Sliders*" in the Jordan Grand Hotel. If you like soup, try the Smoked Tomato Bisque or the great standby, New England Clam Chowder. Salads range from a classic Caesar to the Farmer's Mountain Salad, featuring smoked roasted turkey with sun-dried cranberries, smoked gouda, hot maple syrup and smoked bacon dressing. Sandwiches start with Burgers, Reubens and for the hungry skier, an open-faced Thanksgiving sandwich, with turkey and cornbread stuffing, pan gravy and cranberry sauce. Oh, I can't forget the Winter Ratatouille Roll-Up. Now if you've spent the morning rearranging the cartilage in your knees, in the bumps, treat yourself to a piece of Cappuccino Silk Pie.

We ski two days at Sunday River, so you might want to ski over to "*Legends*", at the Grand Summit Hotel. The menu has some great appetizers: Mozzarella Sticks, Fried Clams, and something yummy, to share, called Dana's Platter. A combo of wings, sticks, fried clams and smoked sausage snake bites (not real snake, just a cutesy name). There are salads, such as Caesar, Turkey Waldorf and a Chef's Salad. Sandwiches include: Burgers with all kinds of toppings, Vegetarian Tortilla and if you really want to go all out, the Lobster Roll is "really fine".

Ok, open your eyes, it's still August, but don't you feel just a little pumped up for ski season? Go do some "ski fitness stuff" and get in shape for the first trip.

~Barbara Zurlo
Lift Lines - August 1999