



ARTHRITIS CAUSES PAIN AND FATIGUE B1

CENTREVILLE, STURGIS CONTINUE TOURNEY BIDS TONIGHT D3

TOMORROW
Cloudy with
highs 55 to 60
D6

KALAMAZOO GAZETTE

KALAMAZOO, MICHIGAN

RACE OFF TO LOUISVILLE



The lights of the skyline of downtown Louisville, Ky., are reflected in the Ohio River.

Louisville restaurants feed your fancy

By STEVEN CAGLE
NEWS TRAVEL EDITOR

LOUISVILLE—Louisvillians, per capita, eat out more often than residents of any other U.S. city, according to a brochure put out by the Louisville Convention and Visitors Bureau. It's no wonder. Here's a sampling of what Louisville restaurants have to offer, from one extreme to the other.

Lilly's, 1147 Bardstown Road, (502) 451-0377. Put this restaurant at the top of your list for fine dining. Traditional Kentucky fare is prepared with a French flair. Owner Kathy Cary offers an interesting and creative menu that changes regularly to take advantage of fresh, seasonal produce, which she buys directly from area farmers. Appetizers include smoked Kentucky trout, fresh roasted garlic and fried ravioli. One of Cary's star salads features Kentucky bibb lettuce with country ham, red onions, oranges and sweet pecans tossed in a special house-made dressing.

The entrees are pure elegance. Try the shellfish saute, a heavenly combination of shrimp, scallops and mussels served with a perfectly

seasoned sauce over spinach fettuccine. Other choices include Kentucky rabbit tenderloin and free-range chicken. Be sure to save room for one of Cary's homemade desserts.

Lynn's Paradise Cafe, 2206 Frankfort Ave., (502) 896-2585. If an award were given for the restaurant with the most fun per square inch, Lynn's would win, hands down. The decor is '50s kitsch, with plastic fruit hanging from here and there and vintage salt and pepper shakers on the formica-top tables.

Owner Lynn Winter describes her menu as "good home cooking with a twist. It's a mix of Southern regional and Californian. We try to be very creative and try new things, new ways of cooking."

Everything is homemade from fresh ingredients. Recipes come from family, friends and experimentation, Winter says. "We do a wide variety, from heart-healthy dishes to breakfast burritos."

Just outside the restaurant is Winter's "petting zoo," complete with a polka-dot pig, a family of pink alligators and a tiger-striped horse — all made of concrete. Recent additions include green dalmatians with black spots and a red-and-white-striped steer.

Winter's business is booming, and as a result, the cafe will be moving in a month or so to a larger space. "I bought a 33-year-old grocery store in a great neighborhood," says Winter. In front of the new location, Winter says there will be a seven-foot coffee pot fountain surrounded by coffee-cup planters. The cafe's new address will be 984 Barret Ave. And Winter is especially proud of her new phone number: 583-EGGS.

Mark's Feed Store, 11422 Shelbyville Road, Middletown, (502) 244-0140. If you like barbecue, head on over to Mark's, whose motto is "from the pit to the plate." The "feed" here is hickory-smoked pork, beef and chicken served with a sauce that is Mark's secret-blend of 28 ingredients. Side dishes include spicy fries, smoky beans (another house specialty) and sweet "fried" corn on the cob.

The atmosphere here is decidedly casual. The concrete floors and open beams are part of the actual feed store that originally occupied this space. Need a napkin? Just tear one off the roll provided at the table.