

RISE & DINE!

We ate breakfast—not brunch—all over North Texas to find the best diners, classic spots, healthy starts, power breakfasts, tacos, and international food around. Or, if you prefer to do it yourself, head straight to page 50 for tips on cooking eggs, then check out our guide to breakfast meats on page 57. Now up and at 'em! The most important meal of the day awaits.



**60 OF THE BEST RESTAURANTS
AND DISHES IN DALLAS TO GET
YOUR DAY STARTED RIGHT.**

PANCAKES FROM
ALLGOOD CAFE
FOOD STYLING BY ANGELA YEUNG

*By Catherine Downes, Eve Hill-Agnus,
and Nancy Nichols. Photography by
Christopher Nastri*

HEALTHY STARTS



COUNTER AT START

START

4023 Lemmon Ave. 214-599-7873. Multiple locations.

In this cute, casual place with a delightful outdoor mural and a light-filled interior with a giant birdhouse, the protein-filled Cobb frittata can be eaten with knife and fork. But we love the appeal of the hand-held, like a whole-wheat English muffin topped with egg whites, a generous bed of spinach, chopped mushrooms, red bell pepper, white cheddar cheese, and great flavor from curry butter. A glass of Go Go Juice, made with spinach and ginger, promises a daybreaking zip. Add a frothy cappuccino, and you're off to a decidedly good start.

Where the day's first bites are as nutritious as they are delicious.

DREAM CAFE

5100 Belt Line Rd. 972-503-7326. Multiple locations.

At this cozy, bohemian spot where popovers and ricotta cloud cakes are the stuff dreams are made of, toast defaults to whole wheat, and fresh apple-cucumber-celery juice comes with a comforting dusting of cinnamon. Snuggle up to a bowl of steel-cut oats with currants, pecans, and banana. Or order the yogurt with granola. But our secret weapon is the Santa Fe omelet ordered with egg whites and fresh fruit subbed for hash browns or grits. Goat cheese, sun-dried tomato, and basil pesto bring a wallop-dose of flavor that makes taste buds do the happy dance.

SPIRAL DINER

1101 N. Beckley Ave. 214-948-4747. Multiple locations.

Hail the tofu scramble that anchors most morning-time dishes at Oak Cliff's vegan diner. In Viva Las Migas, it joins a riotous mix of black beans and veggies, a little smoky from "bacon" bits, a little spicy from salsa. The breakfast quesadilla's whole-wheat tortilla holds a blend of lean soy sausage and just the right amount of gooey cheese and chipotle cream to make things delightful. Hardcore health nuts will sidle past the vegan cupcakes for a smoothie of spinach, berries, and hemp seeds (power to body and brain) or a shot of juiced ginger. Did we mention they serve breakfast all day?

SOUTHPAW'S ORGANIC GRILL

3227 McKinney Ave. 214-754-0100. Multiple locations.

At Southpaw, you can eat like a conditioning athlete. Add whey protein to your oatmeal, or fiber and vitamin packs to juices and smoothies. Breakfast PB&Js, grilled cheeses, and à la carte combos of egg whites, meats, and cheeses offer protein kicks (check out the griddled tomato-mozzarella job with olive oil for dipping). Coconut milk anchors the rather ridiculously delicious Nutty Monkey smoothie. And whole-wheat pancakes enriched with protein powder and served with agave, orange, and banana could fuel a marathon.

UNLEAVENED FRESH KITCHEN

1900 Abrams Pkwy. 214-828-8700.

Everything feels fresh in this Lakewood spot, where joggers breeze in after a run at the lake and power up or grab a cup of nut-filled, cinnamon-spiced trail mix to go. Unleavened's version of the ever-trendy acai bowl gets a jolt of protein from peanut butter and crunch from house-made granola, and is topped with chia seeds. Smoked pecans give a surprising, smoky flavor to red quinoa porridge served with almond milk and strawberries, and we love the quinoa's poppy crunch. Morning wraps like the Market Offer with sprouts, avocado, and veggie sausage come in tortillas or over red potato-shallot hash liberally laced with kale.



ACAI BOWL AT UNLEAVENED

BENN: NEWS.COM

WHERE I EAT BREAKFAST



JAMIE BENN,
Dallas Stars Forward

"My favorite place to eat breakfast in Dallas is The Common Table. I don't get to go out to breakfast a lot during hockey season, but I always try to make it down there when I have a free morning. I've had a lot of the items on the menu, but my favorite is the Classic Benedict."

POWER BREAKFASTS

EARLY RISERS AT CBD PROVISIONS



CBD PROVISIONS

The Joule Hotel, 1530 Main St. 214-261-4500.

At the downtown Joule Hotel's signature restaurant, a morning crowd in suits sits three and four to a table or stands and chats, while servers deliver espresso over a purr of voices. The menu appeals elegantly to various and sundry with cucumber juice, an egg-white frittata, fruit smoothies, and house yogurt. Steel-cut oats come with sorghum syrup, crème fraîche, and Texas pecans. Green chile pork migas topped with queso fresco and slivered radish are laced with absurdly tender pork that has been braised for 18 hours. The surprising power breakfast staple? A dainty portion of farmhouse cottage cheese, served in a jar, with braised greens and fresh fruit.



LOCAL PRESS + BREW

HOLLAND: KELLY GAVIN/TEXAS RANGERS

It's never too early to talk business. Strike a deal at one of these spots.

LOCAL PRESS + BREW
1605 N. Beckley Ave. 214-484-1929.

The lithe and hip worship in this temple to organic nut milks and cold-pressed juices, where the aesthetic is highly cultivated. In glass bottles, kale meets parsley, cucumber, and pear. Earthy beet communes with green apple. The flesh and milk of whole coconuts are blended into a thick slurry. Almond adds texture to a shake with bee pollen and banana. Activated charcoal makes a bewilderingly delicious, jet-black lemonade. Regulars sporting modish bangs and pixie cuts browse the Wall Street Journal while waiting for their iced cacao-nut-milk lattes. Seekers of solid sustenance can happily nosh on local sourdough toast with avocado and olive oil or almond butter, honey, and banana.

FLYING FISH
6126 Luther Ln. 214-696-3474.
Multiple locations.

The Metro Diner opened in Preston Center in 1963. It was where the elite power players met until the restaurant closed in 2008. Neighboring restaurant Flying Fish seized the opportunity to fill the gap. Owner Shannon Wynne put together a breakfast menu, and the crowds of real estate brokers and business folks moved a few doors down. Now they sit shoulder-to-shoulder beneath fishing memorabilia and chow down on the expected eggs-and-meat combo platters and some unusual eye-openers, such as grits served with gumbo and an egg sandwich on wheat bread painted with mayonnaise and topped with cheese and avocado. Go if only to drink coffee and people-watch.

COOK HALL
W Hotel, 2440 Victory Park Ln. 214-397-4111.

A group of middle-aged men with receding gray hairlines, one with a stringy ponytail halfway down his back, sits in a booth. They appear to be aging hippies, but their bushy

brows are furrowed, and the conversation is serious business. Most of the other tables are occupied by single diners with laptops and lattes and a roller bag parked by a chair. This is where cool (or at least those who think they are), on-the-go people meet in the morning. They make deals over steel-cut Irish oatmeal, huevos rancheros, and root vegetable hash with background music by classic rockers like Jimi Hendrix and Tom Petty. Once the bill is paid, they summon an Uber and head to the airport.

THE ROSEWOOD MANSION ON TURTLE CREEK
2821 Turtle Creek Blvd. 214-559-2100.

Take a seat in the historic, luxurious dining room and let the attentive waitstaff pamper you with speedy service. No matter how fast you drink your coffee, you'll never see the bottom of your cup. The setting and fare are extravagant, but don't feel like you have to wear pearls to breakfast. The clientele is a mix of dapper businessmen and hotel guests who come down to eat in designer pajamas. The Texas Breakfast is geared to people with enormous early morning appetites. The plate is filled with two Vital Farms eggs, a bacon-buttermilk biscuit, red-eye gravy, jalapeño sausage, and hash brown potatoes, along with a raspberry-peach smoothie. Those looking for something lighter can opt for seasonal fruit or granola.

WHERE I EAT BREAKFAST



DEREK HOLLAND,
Texas Rangers Pitcher

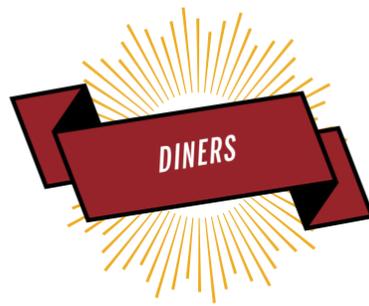
"The Original Pancake House in Dallas. It's where I go if I'm pitching. I always get the same thing: two eggs over easy, bacon, hash browns, and two blueberry pancakes. It's so delicious that just thinking about it makes me wanna go get it. The place is great, the people are greater, and the food is flat-out amazing."

WHAT I EAT FOR BREAKFAST



Burgers for Breakfast
By Nancy Nichols

My mother wasn't much of a cook, especially when it came to what my childhood friends referred to as "normal" breakfast food. Her specialty was bacon, poached eggs, and toast. She used one of those wide metal pans with a detachable egg-cup tray. Ninety percent of the time, the yolks resembled large yellow marbles. I spent most of my mornings at Arthur Kramer Elementary School with an achy stomach. At lunch, I soothed the pain by eating fresh yeast rolls, butter, and vanilla ice cream. Then we moved to a new house designed by my father, an avid fan of early American architecture. He built a huge walk-in brick fireplace. In the absence of a fire, cast iron and copper pots hung inside. My dad was brilliant, ahead of the times. To the left of the fireplace, he installed a Jenn-Air gas grill. He loved to cook outside, and during the winter he stood in front of that grill with a gin and tonic in his hand, cooking mammoth steaks. The Jenn-Air became ground zero for my new breakfast regimen. My mother created the best breakfast a growing tomboy could ask for: cheeseburgers. Almost every morning during junior high and high school, I devoured a medium-rare burger covered with a thick slice of melted Velveeta, which was served between two toasted Mrs Baird's buns slathered with Hellmann's mayonnaise. I dipped each bite into a warm (yes, I was picknicky at a young age) pile of Heinz Ketchup. My drink of choice was a cold glass of milk into which I stirred a packet and a half of chocolate-malt flavor Carnation Instant Breakfast. This protein-packed breakfast kept me going until dinner. And it wasn't unusual for me to ask my mom to make me poached eggs on toast in the evening. It beat the hell out of her chicken à la king.



You want something unfussy, and you want a waitress who calls you "honey."



THE DINER

WHERE I EAT BREAKFAST



MIKE RAWLINGS,
Dallas Mayor

"I like to eat breakfast at the Original Market Diner on Harry Hines Boulevard. I go for a simple plate of two eggs over easy, two sausages, and a side of hash browns."

RAWLINGS: COURTESY OF THE MAYOR'S OFFICE

*3330 Belt Line Rd., Farmers Branch.
972-243-8646.*

It's almost impossible to drive past this '50s retro diner in Farmers Branch without stopping. The hand-painted sign beckons you to come in for breakfast served in the comfort of refrigerated air. The coffee is brewed and ready to pour by 6 am, and early risers wave to each other as they choose a table. Owners Tina and Peter Paylim, originally from Paris, moved nearby and discovered a passion for serving old-fashioned comfort food. They do a fine job with migas. Eggs scrambled with generous bites of tomatoes, onions, jalapeños, potatoes, and tortilla strips are wrapped in tortillas. If the Belgian waffle smothered in orange pecan butter doesn't fill you up, add a griddled pork chop on the side.



ORIGINAL MARKET DINER
4434 Harry Hines Blvd. 214-521-0992.

This iconic Dallas spot was built in 1954. Through the years, it has been several types of restaurant, and it finally settled on diner in 1989. The menu is a mixture of old and new. Traditional pancakes, waffles, and smoked ham and eggs are offered with freshly brewed Market Diner-blend coffee. Or check out the espresso bar and really perk up by adding a double shot to your cafe latte. Side dishes include delicious cinnamon rolls, grits, and cottage cheese and peaches. The friendly staff helps make getting up early a lot easier.

METRO DINER
2316 W. Davis St. 214-943-7473.

For more than 50 years, Oak Cliff diners have started their day with The Woody, a plate covered with two eggs, two pancakes, two bacon strips, and two sausage links. (It will only set you back a little over \$6.) There used to be three locations of this nostalgic early morning hangout, but now there is only one. Step inside the black-and-white tiled building that's open 24 hours a day, 365 days a year, and check out the menu that includes all of the usual combinations of meats, eggs, pancakes, and waffles. You'll see folks powering up for work and partiers tamping down hangovers. This is the only place you can sip your coffee and eat a corny dog before sunrise.

NORMA'S CAFE
1123 W. Davis St. 214-946-4711. Multiple locations.

It's easy to imagine that Norma's hasn't changed—or hardly has—since 1956. Stacks of pancakes jockey for room at crowded tables, coffee is poured into big mugs, and plates of airy biscuits keep coming through the pass. The staff's down-home, jovial spirit (they'll call you "sweetheart") makes the place pulse, and ingredients are fresh, as in a smoked turkey omelet chock-full of veggies. For a kitchen-sink experience, try the Ol' Number 7: eggs, hash browns, cheese, sausage, bacon, jalapeños, and tomatoes wedged between biscuits and gravy. "Just dip and bite," the waitress advises. And, yes, you do want extra orders of those famous biscuits with their light, peppery milk gravy.

DALLAS DINER
10515 E. Northwest Hwy. 214-348-6232.

Most diners exist to fill the needs and bellies of the neighborhoods surrounding their location. This East Dallas standby, which opened in a vacant Dunkin' Donuts location in 1982, is worth a drive from across town. Breakfast is served all day, which translates to 5 am until 3 pm. The menu is simple and inexpensive. Our favorites include a chorizo, egg, and cheese taco and an inexpensive plate of bacon (served well done) and eggs over easy. The coffee is bottomless. The sign out front advertises donuts, but new ownership decided to stop making them. We'll see how long that lasts—long-time customers and their kids, accustomed to getting free donut holes, might revolt.

HOW TO COOK
THE PERFECT EGG

Tom Fleming, co-owner of Crossroads Diner, is a classically trained chef. He graduated from the prestigious culinary arts program at Kendall College in his hometown of Chicago, where five and a half weeks of the course was devoted to cooking eggs. "Egg cookery is hard. Most people want to do them fast," Fleming says. "I constantly have to tell my egg cooks to turn down the heat and slow their roll." To help you sharpen your egg cookery, we asked Fleming to share his techniques and tips.

OVER MEDIUM

"Cooking eggs over medium sounds easy, but it's one of the hardest egg preparations for the home cook to master. If you want to reduce the 'ooze factor' of the yolk, I recommend always cracking your eggs into a small dish before cooking them. This reduces the chance of breaking the yolk or getting shells in the pan. Take a small, cold Teflon pan and brush it lightly with clarified butter. Gently pour the egg in the pan. Once they're set, turn the heat up to medium and let it go. If you have the flame too hot, the white edges will blister and pock. As the pan heats, the egg will cook from the outside in. Don't touch the egg for two minutes. Once 30 percent of the white portion has coagulated, swirl the pan and flip the egg. Turn the heat off, and leave the pan over the grate for another two minutes. If you don't know how to swirl and flip, learn. It's too easy to ruin an egg by using a spatula. And once you've mastered the move, you can impress your friends."

BAKED

"When you are baking an egg for a frittata or custard, you are going to have a higher cream-to-egg ratio. For a frittata, use three eggs and 3 to 4 tablespoons of cream. Preheat the oven to broil. Sauté whatever fillings you plan to use in an oven-proof pan. Turn the heat down. Mix the eggs and cream together and add to the pan with the fillings. Move the mixture around until large curds form. Place the pan on the bottom rack. It cooks in two to three minutes. If you are making a larger frittata, pour it in a baking dish and cook in a 300-degree oven for eight to 10 minutes. One quart of cream mixed with eight eggs makes a nice baked custard. Bake the mixture in a 275- to 300-degree oven for 20 to 30 minutes. It sets like a brûlée."

Crossroads Diner recently moved to a new location at 17194 Preston Rd., Ste. 101.

HARD-BOILED

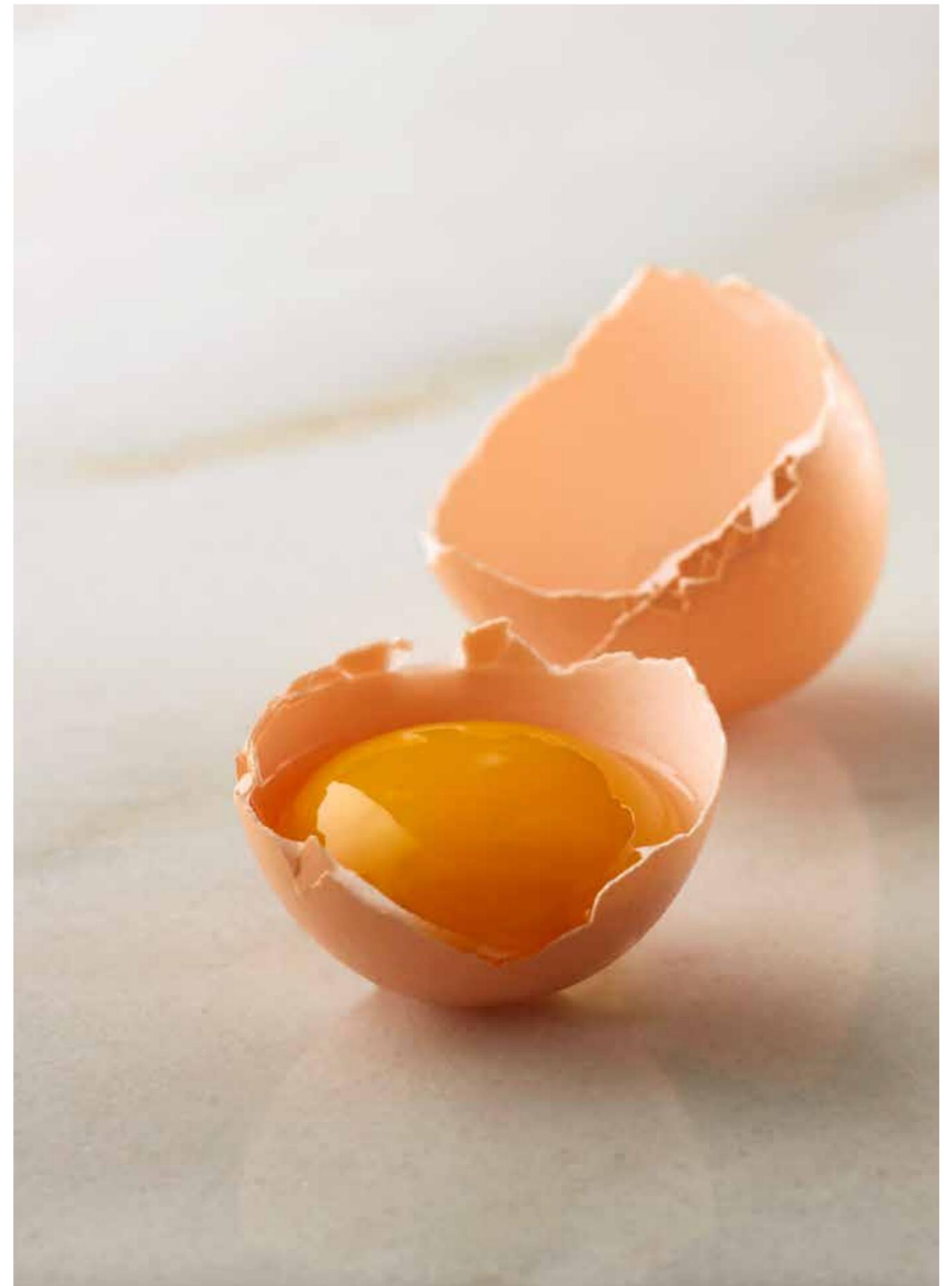
"Use a medium-size pot—a 3-quart saucepan, if you have one—and place the eggs on the bottom. Cover them with cold water until the level is an inch above the eggs. Put the pot on a high flame and slow-roll the boil for exactly seven minutes. A rapid boil will cause the eggs to 'dance' and bang against each other. If you overcook them, you will see a gray ring around the yolk. Drain the pot and cover the eggs with ice and a little water. Let them chill completely in the ice water for at least 15 to 20 minutes. The shells will pop off without ruining your manicure."

POACHED

"Put 3 inches of water and a splash of white wine vinegar in a wide pot. The vinegar helps solidify the whites around the yolk. Bring the water to a simmer. You don't want any boiling action. Break the eggs into individual small bowls and drop them one by one into the water. Don't stir. As you see the whites turn whiter, pick the eggs out with a slotted spatula. It's hard to say how many minutes, because if you start with a cold egg, it will take longer than one at room temperature. I recommend starting with a cold egg, because they set easier and the whites don't thin."

SCRAMBLED

"When you are cooking eggs, always start with a cold Teflon pan. Scramble two eggs and 1 tablespoon of heavy cream in a bowl for one to two minutes. Melt a little chip of butter in the pan and cook eggs over medium heat. There is real science behind the heat. There is a lot of water in eggs, and if you cook them over high heat, the water will steam out and leave you with dry, brown eggs."



BREAKFAST TACOS



THE OTTO
AT TACODELI

TACODELI

1878 Sylvan Ave. 214-760-1930.

When Austin-based chain Tacodeli announced that its first location outside of the capital city would be in Dallas, co-owners Roberto Espinosa and Eric Wilkerson and executive chef Joel Fried knew that, as strong as their following is, they would have to strive to be local. Dallas' Tacodeli uses thin, Sonoran-style flour tortillas from Oak Cliff's La Norteña Tortilleria. I've had the pleasure of seeing those tortillas patted out by an elderly woman before they get a lick of heat from the flattop griddle to puff them up. It's sultry stuff, man. It's also why our Tacodeli is the best Tacodeli. And why The Otto, with its wedge of cool avocado and a solitary strip of bacon on a bed of smooth refried black beans, is the best breakfast taco in Dallas.

WHERE I EAT BREAKFAST



CYNTHIA IZAGUIRRE,
Co-anchor of WFAA News 8

"My husband, our 3-year-old twins, and I love to eat breakfast out on Saturday mornings, because it's a great way to start the weekend. My favorite place is Main Street Bistro & Bakery in historic Grapevine. I usually order the Le Parisien: scrambled eggs, applewood-smoked bacon, breakfast potatoes, and their award-winning croissant."

IZAGUIRRE: COURTESY OF WFAA

The sun never sets on the world of the taco, but daybreak is still pretty special.

POTATO AND EGGS TACO STOP

1900 Irving Blvd. 972-971-4859.

Perfectly cooked cubed potatoes make a potato-and-egg taco the mark of taqueria excellence, and this Design District walk-up spot nails them. Add a few drops of the rocket-thrusters-hot peanut-arbol salsa, and your morning is made. The All In, a compact bundle of bell pepper, onion, eggs, and bacon or chorizo—go for both—is the next best choice.

RUSTY TACO

4802 Greenville Ave.
214-613-0508. Multiple locations.

The trick here is to order a breakfast taco to go. The aluminum foil wrap allows the flour tortilla extra time to steam and the shredded orange cheese to bond with the scrambled eggs and bacon. Taco lover beware: the restaurant chain is undergoing a name change. Rusty Taco is in the process of rebranding itself as R Taco. Don't be confused if your neighborhood Rusty Taco—there are four in Dallas and 12 nationally—seems to have disappeared. It's still there.

GONZALEZ RESTAURANT

367 W. Jefferson Blvd.
214-946-5333.

Alongside what might be Dallas' best crispy taco, tucked inside handmade flour tortillas weighing in at 3 to 4 ounces, is the classic Tex-Mex stew of beef in hearty gravy, which provides a searing kick. Gonzalez Restaurant calls them burritos, even though they're folded, not rolled. I call them tremendous.

TIA DORA'S BAKERY

2478 W. Illinois Ave. 214-333-4254.

This handmade flour tortilla cradling scrambled eggs and machacado—dried beef pulverized until it's feathery—with an easygoing heat is how a classic breakfast taco is done. It's also the reason why it's worth the drive to the corner of Hampton and Illinois. Follow up the tacos with a selection of pan dulces. Their breakfast pastries, such as the conchas and churros, keep customers lining up out the door.

GOOD 2 GO TACO

1146 Peavy Rd. 214-519-9110.

Did you just finish a run around White Rock Lake or are you simply sporting activewear? Step into this East Dallas favorite for a hollandaise-dressed, shredded fiesta cheese-covered steak dinner in a taco—spinach and potatoes included.

LA NUEVA FRESH & HOT TORTILLERIA

9625 Webb Chapel Rd. 214-358-7261.

A classic Mexican morning taco of slowly simmered poblano strips and white cheese, the rajas con queso is an oft-overlooked choice at this Bachman Lake tortilla factory. It's a shame. The pairing of salty, milky cheese and smoky chiles is downright complex next to La Nueva's signature corn parcel made with combustible pork guisado verde.

WHAT I EAT FOR BREAKFAST



Love and Marriage and
Breakfast Tacos
By José R. Ralat

The breakfast taco played a significant role in my courtship of the young lady, a Texas native, who would become my wife. During the first month we were dating, she charmed me with fluffy flour tortillas reheated atop the burners of a gas range, and she had the brown-to-black brands to show for it. The tortillas enveloped a mixture of reddish-orange eggs and soft Mexican sausage that, when cooked, would spread like butter. A heavy-handed topping of shredded Longhorn cheese helped bind the filling. I proposed marriage within weeks. That was in Brooklyn, 12 years ago.

Since moving to Texas seven years ago, I've discovered perfectly cooked tortilla-wrapped potatoes and eggs at H&H Cafe & Car Wash in El Paso. The first time I ate this gem, I was serenaded by the swish of brooms sweeping the sidewalk free of dust from the desert. I've struggled to finish tacos made with semi-sheer tortillas the size of tricycle wheels in the Rio Grande Valley, the cradle of Texas breakfast tacos. In San Antonio and South Texas dining rooms—where eviscerated piñatas are the interior design standard—I've gone "all in" on super tacos: chewy, 10-inch-plus, bed-roll-thick flour tortillas struggling to contain a minimum of five ingredients. Think eggs, bacon, refried beans, cheese, brisket, and avocado wedges. I've crisscrossed Austin, sacred ground for local and organic and the cleverly named taco. It's there that I crunched on fried tortilla strips tucked inside the city's beloved migas tacos.

But it's Dallas that I call home, and it's Dallas' taco scene with which I am most intimate. It's Dallas—with a burgeoning pre-dawn taco scene—for which I have a soft spot. I love my wife. But I just might love breakfast tacos more.



Hello, sugar. What fun flavors you have!

**Chocolate Chocolate
Glazed Donut Works**
2644 Elm St. 214-741-2275.

**Vegan Cookie Butter Biscoff
Glazed Donut Works**
2644 Elm St. 214-741-2275.

Caramel Merengue
Cuban Dulceria International Bakery
2662 N. Josey Ln., Ste. 228,
Carrollton. 972-242-3797.

**Blueberry Pop Tart
Weekend Coffee**
The Joule Hotel.
1511 Commerce St. 214-261-4545.

Mount Saint Hell Yeah
Hypnotic Donuts
9007 Garland Rd.
214-668-6999.

**Rice Crispy Monster
(on iced glazed)**
Jarams Donuts
17459 Preston Rd. 972-248-7474.

Donut Holes
Mustang Donuts
6601 Hillcrest Ave. 214-363-4878.

Zooroppa
Hypnotic Donuts
9007 Garland Rd.
214-668-6999.

Honey Pastry Pie
Tous Les Jours
2625 Old Denton Rd., Ste. 220,
Carrollton. 972-323-9800.

**Star-covered
chocolate glazed**
Jarams Donuts
17459 Preston Rd.
972-248-7474.

Capuchinos
Cuban Dulceria International Bakery
2662 N. Josey Ln., Ste. 228, Carrollton. 972-242-3797.

Royal Guava
**Cuban Dulceria
International Bakery**
2662 N. Josey Ln., Ste. 228,
Carrollton. 972-242-3797.



FOOD STYLING BY ANGELA YEUNG



Scientific studies have proven that eating meat with breakfast optimizes your brain's ability to function. We scoured the best meat markets in town and found cases filled with unique hand-made sausages, healthy bacon, and more. Now you can create your own breakfast charcuterie.

LOCAL YOCAL

213 N. Tennessee St., McKinney. 469-952-3838.

This farm-to-market market is owned by a farmer. The shelves are full of hundreds of local products, and the meat case features pork and beef breakfast sausages. Ask the butcher to custom-cut you a steak for a hefty morning version of steak and eggs. They also carry Pederson's Natural Farms bacon. It's certified humane and has no nitrates or preservatives. Choose applewood-smoked, hickory-smoked, pepper, or sugar-free bacon for the paleo person in your family. And pick up some farm-fresh eggs while you're there.

RUDOLPH'S MARKET & SAUSAGE FACTORY

2924 Elm St. 214-741-1874.

This 120-year-old meat market carries a mother lode of morning meats. Sausages—Polish, German, Czech, Italian—are handmade. Their East Texas Hotlinks will spice up any breakfast dish. Ham steak, sausage patties, and thinly sliced pork chops are a nice substitute for bacon. But they sell that, too.

KUBY'S

6601 Snider Plaza. 214-363-2231.

The deli case at this European-style market has offered fine sausages and specialty meats since it opened in 1961. Many of the lamb, venison, and pork sausage recipes have been handed down since the early 1700s. Kuby's is one of the few places in town you can find Canadian bacon, smoked pork chops, and handmade sausage patties.

TJ'S SEAFOOD MARKET & GRILL

6025 Royal Ln., Ste. 110. 214-691-2369. Multiple locations.

Fish is the new "it" breakfast protein. Who doesn't love alder-smoked salmon hash with sunny-side-up eggs? Or a morning sandwich made with a fresh bagel, smoked salmon cream cheese, and hot-smoked salmon topped with sliced onion and capers? The freshest in town is at TJ's Market. If you want tips on other breakfast fish, just ask. Be prepared for a long answer.

JIMMY'S FOOD STORE

4901 Bryan St. 214-823-6180.

This East Dallas most-things-Italian market carries a long list of meats, many of which make a snappy addition to a breakfast plate. Scramble eggs with Genoa salami or pancetta. Make an omelet with one of their fine cheeses and add a side of prosciutto di Parma. Ask one of the nice ladies behind the meat case to wrap up a couple pounds of fresh bacon or ground pork sausage.

HAM I AM

hamiam.com

If you love bacon and pepper, you will fall head over heels for Ham I Am's Ozark Trails smoked and peppered bacon. There is so much pepper on this bacon that you can't see the pink pork. If you have a more conservative palate, order a few slabs of the hickory-smoked bacon. Whichever one you choose, cook extra slices in the morning. They make a killer BLT.



COFFEE HOUSE CAFE

CARRIE KELLEHER AT COFFEE HOUSE CAFE

6150 Frankford Rd.
469-248-0554.

Carrie Kelleher took a big chance when she opened this sophisticated coffee bar with breakfast, lunch, and dinner menus. But apparently the neighbors close to the corner of Frankford and Preston needed a spot with fair trade coffee (cold brew, French press, pour-over, drip) and espresso to go with an order of lemon ricotta pancakes, chicken-apple sausage hash, or challah French toast. Orange juice is freshly squeezed, beignets are made to order, and hot chocolate made with Routin 1883 chocolate syrup is “the best in the world,” according to an authoritative 6-year-old.



PASTRAMI AND EGGS AT DELI-NEWS

GOLD RUSH CAFE

1913 Skillman St. 214-823-6923.

This East Dallas diner has been plating bargain breakfasts for more than three decades. Grab a newspaper and order from a variety of breakfast specials (the John Wayne—flour tortilla, hash browns, eggs, bacon or sausage, chorizo, hot sauce, and cheese—is the standout), pancakes, or omelets. On the weekends, the strip-mall restaurant serves as a hangover cure for folks who partied too hard on the Lower Greenville strip. Even if you spent your entire paycheck on picklebacks and Old Fashioneds the night before, don't worry. Breakfast here won't cost you more than \$10.

ALLGOOD CAFE

2934 Main St. 214-742-5362.

This eclectic spot nestled in the heart of Deep Ellum is known for serving up mounds of affordable home-style fare. By 9 am the joint is jumping with neighborhood regulars and families looking to scarf down generous plates of classics such as farm-fresh scrambled eggs, crispy peppered bacon, and roasted potatoes. The menu also has a nice selection of Tex-Mex-inspired dishes such as huevos rancheros and migas. Expect a line on the weekends, but don't worry, because breakfast here is worth the wait. The pancakes are fluffy, the coffee is hot, and the service staff (mostly Dallas musicians and artists) is very cool.

JONATHON'S OAK CLIFF

1111 N. Beckley Ave. 214-946-2221.

No other kitchen in Dallas turns out a better version of chicken and waffles. Chef-owner Jonathon Erdeljac has perfected the Southern staple, taking golden Belgian waffles and

topping them with pieces of crispy chicken-fried chicken smothered in peppery gravy. You can drizzle maple syrup on top for a sweet and savory combination. Other notable breakfast options include steel-cut oats with toasted almonds and fresh berries, and turkey chorizo migas with corn tortillas, egg whites, cheddar cheese, pico de gallo, and potatoes.

DELI-NEWS

17062 Preston Rd., Ste. 100.
972-733-3354.

If you're homesick for the deli food of New York or you just want to rub shoulders with New Yorkers, this is your spot. Servers, arms loaded with plates, maneuver between tight tables with the precision of synchronized swimmers. They shout in orders. White plates filled with pastrami and eggs, bagel sandwiches, and shakshuka shoot through the pass-through. It's a fun, raucous rumble. All the bread (yes, even bagels) is made in-house, and a Yankees fan can find comfort in a plate of corned beef hash.

ELLEN'S SOUTHERN KITCHEN

1718 N. Market St. 469-206-3339.

Ellen's, with its pretty black-and-white scroll wallpaper, anchors the West End with non-chain charm. The place bustles pleasantly on a weekday morning. Caramel macchiatos flow, breakfast chili bowls come topped with over-easy eggs, and pancakes, broad as the plate, have a classic buttermilk tang. Such is the devotion to grits here that they come decked out with garlicky sautéed spinach, tomatoes, bacon, and two poached eggs cloaked in lemony hollandaise. It's called the Grits Benedict, and you won't find this rich, smoky Ellen's original on any other menu in Dallas.



CHICKEN AND WAFFLES AT JONATHON'S OAK CLIFF

JAFFE COURTESY OF THE ARTIST



Every city has its idiosyncratic institutions. We're so glad these are ours.

WHERE I EAT BREAKFAST



SARAH JAFFE
Musician

"I do starch with a side of starch. Early morning taquitos from Whataburger. All breakfast burritos, for that matter. I like a nice late breakfast at John's Cafe on Greenville Avenue or occasionally pancakes at Cindi's."



LUCKY'S CAFE

3531 Oak Lawn Ave. 214-522-3500.

Last year, the menu at this lively, 30-year-old Oak Lawn diner was upgraded, and it now includes more local vendors. But you can still slip into a leather booth and order a simple plate of bacon and eggs. The friendly waitstaff can be counted on to keep your coffee mug filled. We mourn the loss of the spinach casserole, but we now take pleasure in a stack of buttermilk pancakes topped with bananas roasted in cognac and organic maple syrup. The juice is freshly squeezed, and breakfast is available all day.

5TH STREET PATIO CAFE

8621 5th St., Frisco. 972-377-3483.

Check out the menu of this popular breakfast spot located in a little house in historic downtown Frisco before you go. It could take an hour to make a decision. If you don't get there early, you'll wait in line surrounded by tables filled with seductive baked goods. French toast topped with Cap'n Crunch cereal and fresh berries appeals to kids and grown-ups, and so do stacks of buttermilk pancakes as big as Frisbees. (Especially if you add bananas, blueberries, or chocolate chips.) Soft-ball-size biscuits are fine with butter and jam, but ask for a helping of sausage gravy and a to-go box.

KUBY'S

6601 Snider Plaza. 214-363-2231.

This European-style meat market and deli has been serving up plates of German-inspired fare in Snider Plaza since 1961. While Kuby's is best known for its specialty homemade sausages, breakfast here is not to be missed. On any given morning, the inviting and laid-back space, adorned in German kitsch, is occupied by a mix of families filling up on sunny-side-up eggs and bacon, retirees reading the newspaper at the bar over steaming mugs of coffee, and the occasional

large party, conversing animatedly about current affairs. Oma's Kartoffel Pfannkuchen—potato pancakes served with applesauce and sour cream—are a must.

GARDEN CAFE

5310 Junius St. 214-887-8330.

This popular cafe is the go-to spot in Old East Dallas. During the morning meal rush, the room is filled with small children, families, and workers fortifying themselves for another day at the office. There are no bad breakfast choices. Nosh on a spongy stack of sweet potato pancakes doused in organic Vermont maple syrup, a thick build-your-own omelet, or eggs served with house-cured bacon. If you need an extra buzz, there is an espresso bar.

JJ'S CAFE

10233 E. Northwest Hwy. 214-221-4659.

Don't let the strip-mall location and no-frills decor deter you from grabbing a seat and ordering from the sizable breakfast menu. Here you'll find scrambled eggs loaded with smoked sausage, diced bacon, and fresh avocado, along with Tex-Mex staples, three variations of eggs Benedict, omelets, pancakes, crêpes, and waffles. The best-selling plates include thin crêpes smeared with Nutella and topped with fresh strawberries, and a stellar huevos rancheros with warm refried beans topped with two eggs any style (we recommend over easy), sliced avocado, and house-made salsa.

ODDFELLOWS

316 W. 7th St. 214-944-5958.

Oddfellows famously brought high-end coffee service to the people when it debuted its splashy La Marzocco Strada espresso machine in 2011. It remains a favorite Bishop Arts destination in part because of the Italian caffeine stallion. On the wide-ranging menu, pancakes—decadent red velvet as well as specials like gingerbread and strawberry buttermilk—share the spotlight with beignets, wild boar chorizo skillet scramble, and a lovely muddle of pull-apart-tender short rib with hollandaise and ranchero sauce over hash. But we hail the challah that makes banana cream pie French toast topped with candied pecans both custardy and feather-light—and not nearly as sweet as it sounds.

WHAT I EAT FOR BREAKFAST



Beer In the Morning

By Tim Rogers

You wouldn't think twice about having a mimosa with breakfast on a Saturday morning, would you? Is a Bloody Mary an appropriate beverage to get the day started? Then why would you make a stink face and get all judge-y at the suggestion of a beer with your eggs?

Fact: H.L. Mencken drank beer at breakfast. Another fact: President Barack Obama threw back a cold weissbier at a G7 summit breakfast with Angela Merkel last summer. Now, you might counter by pointing out that Mencken was an anti-Semite, and Obama tried to invade

Texas with federal troops using that whole Jade Helm 15 ruse. Okay, what if I told you that before Prohibition, beer with breakfast was just normal? Don't you want to make America great again? I do my part for the country on weekends. Until it closed recently, there was a place near my house called the White Rock Sports Bar that served starting at 8 am. After a strenuous ride around White Rock Lake, I would stop in for a veggie omelet or migas and, of course, a beer.

Après-exercise breakfast beer should be something light. Now's not the time for a high-octane IPA. A Budweiser will work. There is no better way to start the day than getting sweaty and adding a happy buzz to an endorphin high. Though I hasten to add that there's nothing wrong with a couch, a pre-dawn English Premier League soccer match, and a pint of Guinness. Now that my go-to bar is gone, I've ridden less and actually put on weight. Such is the health-promoting power of beer.

As for volume, two beers with breakfast is a reasonable limit. So you should drink at least three. Then it's time for a nap, after which the day can begin in earnest.



INTERNATIONAL

Put a few stamps in your breakfast passport.

WHERE I EAT BREAKFAST



CHARLOTTE JONES ANDERSON
Executive Vice President, Chief Brand Officer Dallas Cowboys

"I eat breakfast at Kozy Kitchen on McKinney Avenue. I order the Bowl of Doom with buffalo and poached eggs, and a side of gluten-free pancakes."

BISTRO B

9780 Walnut St., Ste. 340, Richardson. 214-575-9885.

A Richardson strip mall offers an eye-opening round-up of Vietnamese treats. At Bistro B, it's sensory overload, with neon signs, televisions airing cooking shows, and an altar, fully decked. Among the spiral-bound menu's hundreds of items are avocado smoothies and variations on com tam, a Vietnamese English breakfast with rice, egg-sausage cake, meat (try the savory-spicy Korean ribs), and a sunny-side-up egg. Or try banh beo—steamed rice-flour cakes that are like silver-dollar pancakes topped with fried shallots, pulverized dried shrimp, and ribbons of carrot and daikon.

CHARM JUK

2625 Old Denton Rd., Carrollton. 972-245-6288.

Charm Juk is named after its single, singularly soothing staple, Korean rice porridge. Owner Kristin Lee favors ingredients with nutritive powers. Hence the chicken porridge with ginseng and shiitake mushrooms. Powdered nori and sesame seeds top bowls that are accompanied by soy-dressed mushrooms, spicy pickle, and marinated bean sprouts. A signature, abalone porridge, is laced with the delicacy Lee flies in fresh and whole. If that's too much seafood for breakfast, try the creamy pine nut porridge instead. Just remember to pluck a keepsake shell from the basket by the register before you leave.

ROSI'S PUPUSERIA

1910 S. 1st St., Garland. 972-278-4770.

When you slip into a yellow plastic booth at this humble, no-frills outpost tucked in a Garland strip mall, what awaits is a Salvadoran breakfast that's as good and authentic as it gets. Styrofoam plates hold pools of flavorful, puréed black beans, ripe fried plantain, milky slabs of queso fresco, thick handmade tortillas, and eggs any way you please. Among the scrambles with potatoes or chorizo, try the one studded with artichoke-like flor de izote (yucca blossom). Sweet corn tamales come with tangy Salvadoran crema. And don't miss the full-bodied, cinnamon-y horchata.

ZAGUÁN

2604 Oak Lawn Ave. 214-219-8393.

Where blue-and-yellow tile meets terra cotta, you'll find a welcome home for Colombian coffee and an impromptu Spanish conversation klatch. Pastries include flaky guava turnovers, soft breads filled with dulce de leche, and Venezuelan golfeados—giant spirals reminiscent of cinnamon rolls studded with anise seeds and cheese. Cachapas, griddled sweet corn cakes, are filling. But the glory is crisp arepas, a Latin American answer to English muffins, which can be stuffed with egg, cheese, shredded chicken in tomato sauce, or reina pepiada (avocado-chicken salad). Accompanied by seductively spiced hot chocolate, they're a perfect Zaguán breakfast.

LA' ME

9780 Walnut St., Ste. 140, Richardson. 972-669-8515.

If you want noodles in the morning, there's no better spot than La' Me, nestled a few steps from Bistro B. The house serves awfully good pho. But the more unusual find is a soulful bowl of central Vietnam's iconic Mi Quang, unmistakable with its bright yellow, turmeric-tinted noodles. The pork broth, in which spices have mellowed, is bursting with shredded lettuce, bean sprouts, peanuts, fresh herbs, fried shallot, pork, shrimp, and a hard-cooked egg. Squeeze in lime or add chiles, and don't forget the pretty, puffed-rice cracker for crunch. You'll relish soup for breakfast.

ANDERSON: COURTESY OF DALLAS COWBOYS