

S & S Super Buffet perfect for night out, filling belly



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appy New Year!

The Year of the Rabbit begins today, and because I'm a Rabbit, you must prepare to fall under my sway. What should you expect? According to theholidayspot.com, "the influence of the Rabbit tends to spoil those who like too much comfort and thus impairs their effectiveness and sense of duty." Thanks to us bunnies, people the world over will be "busy enjoying themselves, entertaining others or simply taking it easy ... even deteriorating to the point of somnolence."

As it is my leporine intention to contribute to your deterioration, I thought I would send you to the sort of establishment where overindulgence is not only encouraged but expected: an all-you-can-eat buffet.

The S & S Super Buffet on Rotunda Drive offers more than 120 Asian and American food items plus wine and beer. On my last visit, I was able to achieve somnolence in less than 50 minutes.

S & S is near the Tinseltown cineplex, and is a great place to stop for a drink and a bite before or after a movie. If you're planning on getting somnolent, I recommend going after the movie. If you're able to resist the power of the Rabbit and retain a measure of self-control, by all means hop in beforehand.

Here are some tips, if you do.

Eat light. You have a couple hours of movie viewing ahead of you. This viewing will take place in a dark room and could involve dialogue spoken by Keanu Reeves. You don't want to attempt this with a bellyful of fried rice and General Tso's chicken. Have some spicy kimchee instead -- if you can nod off after that, you're more Rabbit than me.

Drink light. Too many brews before a movie is a bad idea. When nature calls -- and it will -- you can't hit the pause button. Feel free to disregard this advice if you're going to an M. Night Shyamalan movie -- your time will be better spent in the restroom.

Don't eat your fortune cookie right away. Bring it with you to the movie and withdraw it from your pocket during a particularly dramatic scene. The cookie should be removed from its plastic packaging in as loud and obnoxious a manner as possible. Be sure to chew it with maximum crunch.

Should you choose to visit the S & S after the movie, as I do, you will be under no such constraints. Let your inner Rabbit range free over the steaming acres of epicurean delights.

You can choose from steak, shrimp, sushi, salmon, raw mussels and mouthwatering crab relish. There's a sizzling hibachi grill and enough decadent desserts to induce a mild, rather pleasant sugar shock.

And don't forget the drinks. With such a broad array of food, it's difficult to know which wine to order. Luckily, there's a simple solution: double-fist it. Have a glass of red to wash down the steak, and some white on hand for your trip to the seafood bar.

Go ahead -- live it up. Impair your effectiveness a little. Party like a Rabbit!