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Cheap Eats

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Chuck's, in downtown Raleigh, serves half-pound ground chuck burgers with a variety of toppings.

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BY GREG COX

All aboard the Cheap Eats Express! This month's route tours the Triangle with stops in Deli, Hamburger, Nueva Panaderia and the New England shore.

Bull Street

3710 Shannon Road, Durham

237-2398

bullstreetdurham.com

Specialty: gourmet deli and market

In a nutshell: The original is in Charleston, but the chalkboard over the lunch counter at this branch reads like a who's who of Triangle-area food artisans.

Try: croissant with Nutella and strawberries (breakfast), signature roasted chicken salad with cranberries, almonds and cranberry mayo.

Chuck's

237 S. Wilmington Street, Raleigh

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Specialty: burgers

In a nutshell: Acclaimed Poole's Diner chef Ashley Christensen turns her attention to America's favorite sandwich. Her new venture lives up to its name with half a pork chuck, flat-top seared and available with a wide variety of toppings.

Try: The Dirty South (Christensen's amped-up take on a Carolina-style "all the way" burger), The High and the Valley (crushed avocado, bacon-onion jam, blistered)

Espiga Bakery

6320-123 Capital Blvd., Raleigh

872-6446

espigabakery.com

Specialty: Ecuadoran pastries and sandwiches

In a nutshell: Hidden gem run by native Ecuadoran cousins Cori Belonga and Ivan Lopez, who are as friendly behind the counter as they are talented in the kitchen.

Try: empanadas, pork sandwich "Supreme," daily hot lunch specials, and anything from the irresistible display of pastries ranging from lemon bars to guava cakes Ecuadoran alfajores cookies.

Skipper's Fish Fry

1001 E. Williams St., Apex

303-2400

www.skippersfish.com

Specialty: fried seafood

In a nutshell: Cracker meal-breaded fish and shellfish at this New England style fish fry puts most of the local cornmeal-breaded, Southern-fried locals to shame.

Try: You can't go wrong, really, but you owe it to yourself to try the area's best - and biggest - fish sandwich at least once. If you like onion rings, get the onion platter.

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New stores show local craft beer scene is thriving



In little over a year, four craft beer stores have opened in Wake County: the Beer Dispensary in Apex and Bottle Revolution, Tasty Beverage and the Bottle Shop at Tyler's Taproom, all in Raleigh. Many see it as the

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