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Dining



Tastes: Dam Café

"One of the best things about the Dam Café is the attention given to fresh ingredients."

By Nicole Cheslock

It's 8 a.m. and the Dam Café is buzzing. Long-time regulars including Bob Sweigart and Rick Raduziner are enjoying morning coffee over newspapers and conversation, some baskets remain on tables from the early birds who have already eaten, and my mouth is watering for a Veggie Breakfast Burrito and Yerba Matte

Latte.

My name is called minutes after I order. The unadorned warm burrito wrapped in a flour tortilla is brought to my table. The plain looking burrito is anything but plain. In my first bite, alluring Pico de Gallo, melted cheddar, red onion and a little scrambled egg delight.

I see fresh avocado peaking out. This burrito is delicious. What a great way to start the day (and, from past experience I know the version with veggie sausage is equally sublime). After many bites, I look up.

A handful of people are entering through the side door forming a small line of people ordering various takes on caffeine to go. The coffee drinkers inform me that the Illy drinks prepared by the ladies behind the counter at Tahoe City eatery are extraordinary. The Yerba Matte Latte is just right – earthy, not too strong and an ideal complement to the burrito that has a sprinkling of spice from the Cholula I dash on top.

The menu is fine tuned and quite simple. There are burritos packed with eggs and meat for morning protein and yummy options like the Burly-Rito with Costa Rican style beans, rice, Pico de Gallo, avocado, sour cream and melted cheddar cheese, and the Bacon Burly-Rito. The veggie option with red onion, sprouts and a dash of Goddess Dressing is just as delicious.

Sandwiches, served on multigrain or sourdough bread, include a BLT with avocado and mayo on toast, a great tuna, Classic Turkey with homemade cranberry mayo, smoked gouda and tomato, and a grilled Tasty Turkey with pesto, red onion and smoked gouda.

More of the other best things about the Dam Café are the attention given to fresh ingredients and vegetarians. Sure, meat eaters are welcome and there are a lot of choices for them at the Dam Café but the vegetarians have choices, too. Choices beyond an order without the meat or a substitution. The Veggie Sandwich is complete with cream cheese, greens, tomato, carrot and cucumbers, green pepper, red onion, avocado and sprouts.

There are espresso drinks and sweet treats: smoothies (fruity ones, special espresso chocolate concoctions and an-out-of-this world banana spice Chai delight) and ice cream desserts (cone, cup, Root beer float, sundae).

Stop in for some love and good food or place an order to go and enjoy from your favorite lakeside destination.

Dam Café is located at the wye in Tahoe City at 55 West Lake Blvd. It is across the street from Fanny Bridge and the dam. For more information, pop in anytime after 6 a.m. Monday through Saturday and 7 a.m. on Sunday, or call (530) 581-0278. The Dam Café is generally open until 3 p.m.

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