



## Ahoy, Mate! Get Hooked on Fish Express

By Garry Beckham

**BRAIN FOOD** is what they call it, protein ala fish! If you haven't tried Fish Express, it's time you do. When I got Fish Express as an assignment, I was quite hungry, since my wife was in Germany visiting our first grandson. I had been a "class b" bachelor, cooking for myself for the past 10 days; ham and cheese sandwiches were getting a little old. My better half doesn't like most fish, so this was a golden opportunity to go to a fish joint. To make sure I had a good second opinion, I took Leah, my older daughter, along for this special lunch from the sea.

When we arrived at Fish Express a little before noon on a Friday, the restaurant was packed. We were a little hesitant to stick around, but decided to see how fast the line of about 15 people would move. To our surprise, the staff

handled the crowd quite quickly and within 10 minutes we had placed our orders. We were given a sign with our order number on it to place on our table. As diners finished their meals, the Fish Express staff was quick to bus the tables, giving new diners a clean place to sit and eat. We got our self-serve drinks, picked up napkins and silverware, and found a table for two with ease.

Both of our orders were delivered within seven minutes of the time we sat down. The wait staff was very professional and presented a great image for the store.

I ordered the Yellow Fin Tuna out of the "Fresh From the Grill," section for \$9.99. It comes with two sides; I chose the steamed vegetables and the Hush Puppies. Leah chose a selection from the "Sandwiches and Po-Boys," the Grilled

Chipotle Salmon Sandwich (\$6.99) that came with one side. Her choice of side was the seasoned fries.

The tuna was hot and moist and cooked medium, just as I had ordered it. The tangy tomato vinaigrette added a great flavor to the tuna. The vegetables were very satisfying, and the hush puppies were just like the ones my mom cooks. While the tuna portion was enough for me, hearty eaters may prefer a little more. However, the generous portions of vegetables and hush puppies along with the tuna were quite filling.

The Grilled Chipotle Salmon Sandwich that Leah ordered seemed large, with lettuce onion, tomato and a secret sauce. Leah said her salmon was a little over-cooked and the sandwich had only a hint of chipotle flavor. Overall the sandwich was good, but the ratio of bun

The grilled chipotle salmon sandwich  
and fish and chips at Fish Express  
photos by Chris Frichie

to salmon needs to be reduced, either more fish, or less bun. The fries complimented the sandwich well.

While we dined I asked a neighboring diner if he had the catfish. He replied, "Yes, and it is great!" Then pointing to his dining companion he added. "And her fish and chips are excellent!"

While we dined I asked a neighboring diner if he had the catfish. He replied, "Yes, and it is great! And her fish and chips are excellent!"

The Fish Express atmosphere is quite good, somewhere between a fast food restaurant and a sit down café. The scenic wall paintings of bubbles, white gulls, orange fish like Nemo and deep blue sea, coupled with the large white sails that fly above, make for a very inviting environment. There are outside tables for about 20 diners if outside dining is your bag.

The menu has many selections of fried and grilled fish, sandwiches, Po-Boys, wraps, tacos, quesadillas, salads, soup, sides and desserts. Menu items are quite reasonable and range from \$3.50 to \$9.99. In addition, Fish Express has daily lunch specials for \$4.99, wine and beer and carry-out service. Sorry, they don't have sushi!

The Frisco Fish Express is located on Warren Parkway, just west of the North Dallas Tollway. Try it out for a rewarding seafood experience.

Garry Beckham is a freelance writer in Plano.

# Women's Specialists of Plano

Obstetrics ♀ Gynecology ♀ Infertility



Dennis Eisenberg, M.D.



Jon T. Ricks, M.D.

**Baylor Medical Center**  
at Frisco  
Medical Center of Plano

Affiliated with most  
Managed Care Plans

Dr Eisenberg & Dr Ricks  
are proud to announce the  
opening of their new office  
at Baylor Medical Center  
at Frisco.

**NOW DELIVERING BABIES AT  
BAYLOR MEDICAL CENTER AT FRISCO**

*Women's Specialists of Plano, L.L.P.*

Murray E. Fox, MD, PA, Board Certified

Jules C. Monier, MD, PA, Board Certified

Daryl T. Greebon, MD, PA, Board Certified

Dennis C. Eisenberg, MD, PA, Board Certified

Jon T. Ricks, MD, PA, Board Certified

5575 Warren Pkwy, Suite 316, Frisco, Texas 75034

Office Hours by Appointment

**972-379-2416**

## NOW ENROLLING FOR SUMMER AND FALL

### FRISCO MONTESSORI ACADEMY PRIVATE SCHOOL 2 YEARS THROUGH 5TH GRADE

**Frisco's First  
Montessori  
School**

**Educating  
Children  
Since 1998**



**Full Member  
of the  
American  
Montessori  
Society**

- Open Year Round 7 A.M. - 6:30 P.M.
- Half & Full Day Programs
- Extended Care Enrichment Program
- Low Student/Teacher Ratio
- Parent Organization

*Included in Curriculum:*

- Spanish
- Art/Drama, Music
- Children's Garden/Outdoor Classroom
- Computer Lab
- Physical Education



TEACHER OWNED AND OPERATED

8890 MEADOW HILL DRIVE  
FRISCO, TEXAS 75034  
**(972) 712-7400**

WWW.FRISCOMONTESSORI.COM

