

# CHEAP EATS

WALLET-FRIENDLY SELECTIONS AT SOME OF OUR GAY-FRIENDLY FAVES ANY TIME OF THE DAY

## Guest Check

Date Table Guests Server 123456  
APPT-SOUP/SAL-ENTREE-VEG/POT-DESSERT-BEV

### BREAKFAST

**CAFÉ CONDESA**  
(183 W 10th St, 212-352-0050)  
18 items, like huevos rancheros or a granola, berries and yogurt combo all under \$8

**THE PUMP ENERGY FOOD**  
(five locations, [thepumpenergyfood.com](http://thepumpenergyfood.com))  
The Pump Omelet (HBO) loads in five egg whites plus your choice of two ingredients on a whole wheat pita and choice of side, \$7.25

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### \$12.95 LIQUID BRUNCH

**MARACAS**  
(33 Greenwich Ave, 212-593-6600)  
Unlimited Frozen Margaritas, Mimosas and Bloody Marys.

**HK RESTAURANT**  
(523 Ninth Ave, 212-947-4208)  
Unlimited Bloody Marys, Mimosas, Bellinis, Screwdrivers and Champagne.

**EAST OF EIGHTH**  
(254 W 23rd St, 212-352-0075)  
Unlimited Mimosas and Bloody Marys.

## DRINKS + DINNER

**THERAPY** (345 W 52nd St, 212-397-1700)  
Mountainous, killer Nachos to share, \$12

**B BAR** (358 Bowery, 212-475-2220)  
Pre-Beige Portobello Burger, \$11

**ELMO** (156 Seventh Ave, 212-337-8000)  
Famous Three-Cheese Macaroni, \$7.95

**JULIUS** (159 W 10th St, 212-929-9672)  
Juicy Burgers at New York's oldest gay bar, \$6

**VLADA** (331 W 51st St, 212-974-8030)  
Chicken Panini with potato chips, \$9.95

**BAMBOO 52** (344 W 52nd St, 212-315-2777)  
Half-priced Sushi midnight-Zam.

**VYNL HELL'S KITCHEN**  
(754 Ninth Ave, 212-974-2003)  
16oz Frozen Mojitos complement home-cooked retro kitsch, \$7. Chelsea location opening soon.

## LUNCH

**PHILIP MARIE**  
(569 Hudson St, 212-242-6200)  
"Americana Prix Five Lunch" choices include Burgers, Country Chicken, Clam Rolls, and Shrimp Pasta Salad, all including a soda or Iced Tea, \$9.50

**LASAGNA**  
(196 Eighth Ave, 212-242-4551)  
Hearty Italian specials with appetizer, entrée and drinks, \$7.95-\$13.95

**CALEXICO** (Wooster St @ Prince St)  
Roasted Corn and hipster-made lunch-truck Burritos (carne asada, chicken, veggie) put Chipotle to shame. Tlax-till food runs out, \$7

**KATI ROLL**  
(99 MacDougal St, 212-420-6497)  
"Indian burritos", Aloo Masala Roll (spicy potato mix), \$3.50 or \$6 for two.

**EL CENTRO** (824 Ninth Ave, 646-763-6585)  
Two Tacos Al Pastor with braised pork and salsa verde, \$10

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### \$1 SPECIALS

**TACO TUESDAYS @ REWIND**  
(137 Essex St, 212-253-5627)  
\$1 Tacos are all the rage with fashion industry power players who also guest host and bartend

**FRIED DUMPLING**  
(106 Mosco St, 212-693-1060) and (99 Allen St, 212-941-9975)  
Each joint serves five plump Pork and Chive Potstickers or four Roast Pork Buns for a buck. Sesame Pancakes and soup, too!

**BAMNI**  
(37 St Mark's Pl, 212-358-7685)  
Neon-lit modern take on the automat filled with American-meets-Japanese snacks including Mac 'n' Cheese Croquets, Teri Sliders, Donuts and Corn Dogs.

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### FREEBIES

**BEAR HUNT WEDNESDAY @ SPLASH**  
(50 W 17th St, 212-691-0073)  
\$1 drafts and chicken wings in the lounge with Trai La Trash from 4pm-9pm.

**BOY BEAT SUNDAY @ POSH**  
(405 W 51st St, 212-957-2222)  
Free pizza at midnight.

**EASY @ METROPOLITAN**  
(559 Lorimer St, Williamsburg, Brooklyn, 718-599-4444)  
Free hot dog, burger and veggie hipster BBQ. Suns 4pm.

**GAYS PAPAYA @ XES**  
(157 W 24th St, 212-604-0212)  
Free hot dogs Suns 4pm-9pm.

**WOOF! @ VIEW BAR**  
(232 Eighth Ave, 212-929-2243)  
Hot dogs, wings and big hunks of man meat Mons 7pm.

## KEEP THAT SUMMER BODY... WITHOUT THE GYM!

Exercising on the cheap doesn't mean poor results. Steel Gym's co-owner and resident guru Ken Hunt breaks down the essentials of a gym-free workout.

- Make sure your exercise routine combines cardiovascular workouts (aerobics), resistance training (weights), and flexibility (stretching). With the right combination of exercises, you'll be able to achieve your fitness goals—and avoid injuries.
- Get a nice buzz every day—all it takes is 20-30 minutes of some type of exercise. Keeping a fitness journal is a great motivational tool, too.
- Do not stretch to the point of pain or serious discomfort. Take a note from the neighborhood bottom: flexibility takes time. Use a rolled-up towel like a strap around your foot as you slowly raise your leg to stretch your hamstrings, arms, shoulders and back.
- Have fun! The biggest trick to working out is picking exercises you enjoy.

If you do have the funds, Steel Gym offers student memberships for only \$50 a month with ID. Visit [steelgym.com](http://steelgym.com) for more info.

## STEEL GYM D.I.Y. MUSCLES Creative solutions for a killer home workout.

**1 PUSH-UP VARIATION**  
Taking two medium-sized balls (such as softballs) in your hands and pushing up from the floor improves balance and makes your muscles work harder.

**2 MACGYVER WEIGHTS**  
Push-ups, pull-ups, crunches, sit-ups, squats and lunges can be done anywhere for free—weightlifting, too! Large water-filled bottles, dictionaries and soup cans can stand in for iron. For a "Poor Man's Squat," take two pails and fill them with sand or any other heavy material, tie them on either side of a pole, put it across your shoulders and you'll have your own squat/lunge rack.

**3 DONKEY CALF RAISES**  
As long as you've got friends let them guide you to lower-leg fitness. With one or two people sitting across your back and a chair or countertop for balance in front, lift yourself up onto your toes and feel the burn.

