

## The Hangry Games: 13 Best Quick Meals in Dallas–Fort Worth

By Steven Lindsey | November 16, 2015



Sometimes we're in a rush, whether it's running late for the theater or there's only 45 minutes between meetings. And when we're hungry, anger can turn that simple human need into a Code Red Hangry situation. The quest for a quick, nutritious meal doesn't always end at a smoothie shop or drive-thru, though. There are plenty of satisfying dishes to be had at restaurants all over Dallas–Fort Worth. Here are 13 places with the best quick meals.

### **Dugg Burger**

Over in the Casa Linda neighborhood of East Dallas, you can grab a burger from none other than this year's readers' top pick among the 10 Best Burgers in Dallas–Fort Worth. Order at the counter, choose your cheese then as many of the 13 toppings as you'd like. Within minutes, you'll be dipping fries in ketchup and wrapping your hands around a fully loaded sandwich that you created yourself.

9540 Garland Rd.; 214-584-6261

### **Coconut's Fish Cafe**

At this fast-casual Maui import on Lover's Lane, the signature fish tacos, as well anything on their counter-serve seafood menu, hits the table lickety-split, whether you're dining in for lunch or dinner.

5600 W. Lovers Ln.; 469-729-9346

### **Cook Hall**

Inside the W Dallas-Victory, this gastropub knows that many Downtown workers are crunched for time when the clock strikes noon. With its "lunch box" menu, you can choose between two and four items that come out together, so there's no wondering when the next course will arrive. Entrees include satisfying choices like a burger, chicken sandwich or duck confit tacos.

2440 Victory Park Ln.; 214-397-4111

### **The Capital Grille**

This steakhouse favorite has locations in Uptown, Fort Worth and Plano, and each offers a speedy option when a three-martini lunch isn't in the cards. The lunch plates start with clam chowder, butternut squash bisque or a field green salad followed by one of four entrees, including a dry-aged sirloin or jumbo shrimp with Israeli couscous and white wine mushroom broth. Even though they're designed to be served quickly, it's still a good idea to let your server know you're in a rush.

Multiple locations

### **Howard Wang's**

At any of the Howard Wang's restaurants in Uptown, Preston Hollow or Southlake, ordering off the traditional favorites section of the menu gets you a wok-fired creation in no time with a combination of up to three proteins for extra variety. At lunch, these items have the added bonus of a cheaper price, but also a complimentary egg roll or crab Rangoon and a cup of soup.

Multiple locations

### **Zoli's NY Pizza**

At Jay Jerrier's Bishop Arts District New York-style pizza joint, lunch is an in-and-out pleasure. For just \$10, you can order a combo that includes a slice of the pizza from the display, a salad, garlic knot and soft drink. Or you can opt for the appropriately named "hangry" special that includes a small one-topping pizza and a drink.

202 W. Davis St.; 214-942-9654

### **Jasper's**

At Kent Rathbuns' Shops of Legacy restaurant, fine American fare isn't reserved solely for those with extra time on their hands. There's a super-quick duo, which includes a half sandwich and soup or salad, but the Daily Picnic is a real knife-and-fork celebration, featuring a daily special of fish, pork or beef, also served with soup or salad.

7161 Bishop Rd., Plano; 469-229-9111

### **Steel**

Bento boxes are the staple of fast meals in Japan and at this Turtle Creek-area sushi joint, the lacquered tray comes loaded with an appetizer, sushi roll, salad, rice and more than a dozen selections for your main course, ranging from sea salt calamari or pan-roasted mahi mahi to Vietnamese shaken beef or crispy tofu.

3180 Welborn St.; 214-219-9908

### **El Fenix**

No matter what part of town you're in, you're near a location of Dallas' iconic Tex-Mex restaurant. Food is always served quickly, but if you stick to the enchiladas, tacos and tostadas that populate the combination plates within the Martinez Family Favorites section of the menu, you'll always get your food in a jiffy.

Multiple locations

### **Dakota's**

When hunger strikes midday, head underground to this Downtown steakhouse near the Dallas Arts District. Their daily business-lunch special includes soup or salad, your choice of beverage and the daily offering, which could include grilled beef tips with Lyonnaise potatoes and a port wine demi.

600 N. Akard St.; 214-740-4001

### **Villa-O**

This Knox-Henderson Italian restaurant is wildly popular for weekend brunch, but weekdays have their own perks. The Presto Piatti daily lunch special features four courses served all at once. You'll nosh on the soup of the day, a small salad, choice of rotating entree selections and cannoli or tiramisu for dessert.

4514 Travis St.; 214-780-1880

### **Romano's Macaroni Grill**

At this chain of Italian eateries created by famed Dallas restaurateur Phil Romano, you're guaranteed quick service at their Kitchen Counter. Weekday lunch includes choices like chicken parm sandwiches, Caesar salads and spaghetti verdi pasta. If it's not served in seven minutes, it's free. Same holds true at dinner Monday to Thursday, but you'll have to give them nine minutes before your pesto chicken farfalle is gratis.

Multiple locations

### **Vital Fitness Studio at the Joule Hotel**

If you're truly a multitasker extraordinaire, why not cram a workout session and lunch into your daily routine? At the Vital Fitness Studio inside this chic Downtown hotel, you can place an order for a boxed lunch prepared in the hotel's kitchen with a choice of turkey or veggie sandwich or a farmer's salad. All meals include bottled water, fresh fruit, housemade chips and a bag of fresh granola. Order it before your class and it'll be handed to you as you leave.

1530 Main St.; 214-748-1300