

## Sunrise Bistro

*Rob Young,*  
Thursday, October 1, 2009

This is what happens after the knight has fallen: the sunrise.

Poor pun? Maybe, probably, OK, sure, for the Sunrise Bistro has risen on Johns Island in the space formerly occupied by -- wait for it -- Sir Lancelot's Lounge (wink, nudge, hoo-boy ...).

And to be frank, we sort of miss the old boy: home to a few blue-plate specials, including a delicately fried flounder, green beans on the side. But our woe is brief thanks to the addition of Sunrise, a fine lil' breakfast/lunch bistro from Jessica Welenteichick and chef Brian Appelt.

They deconstructed the joint, tearing down a pair of walls, and repainting the restaurant in warm, yellow tones.

The black lacquered tabletops and bar create a nice balance, another departure from Lancelot's minimalist tendencies. It's an entirely different place, and it shows.

Sunrise bakes its own breads, including biscuits, house herb bread, and pizza dough: perfect for the Sun's Up Pizza omelet with sausage gravy (\$4.25-\$4.75), served in three variations. Beyond breakfast, Sunrise leans to lighter fare, such as greens, chicken and Caesar salads and wraps, and the hummus platter (\$5.95).

But it leaves room for more filling items, counting the grilled pimiento cheese (\$5.95), rich and gooey, the cheese clinging to the insides of Texas toast. Try the crab bisque on the side; it's substantial, thick and creamy, with small bits of crab swimming in the soup.

The Cajun shrimp (\$7.25) is ringed in a brittle, slightly sweet crust, then slipped between slices of herb bread. Another tip: Order the potato salad (\$1.75), a simple, clean representation of the dish. Lunch pizza specials also rotate daily (chicken pesto the day we dined), giving Appelt and crew generous opportunities to experiment.

Address: 1797 Main Road, Johns Island

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Hours: 9 a.m.-3 p.m. Sun., 7 a.m.-2:30 p.m., Tues-Sat