



All-you-can-eat buffet restaurants are the perfect choice for hearty eaters and people who like to try different dishes (or people who just feel exceptionally hungry from time to time). They are also attractive to people who don't like their meals too formal. Another advantage is that food is always ready, so one doesn't have to wait and can see how dishes look like before making a decision. That is why these restaurants are perfect for a quick lunch or dinner.

The idea of large numbers of people taking food from a common table was known to Ancient and Medieval civilizations. The modern buffet first appeared in France in the 17th century and was later popularized in Europe by Napoleon Bonaparte, who preferred less formal receptions. The concept of the buffet came to the U.S. with British settlers and the first American all-you-can-eat buffet restaurant was opened in Minneapolis in the 1930s.

Nowadays, all-you-can-eat buffet restaurants are very popular in the U.S. You can choose among various cuisines including Chinese, Thai, Indian, Italian, and many more. At first, all-you-can-eat buffet restaurants offered cheap food for little money. Now you can also find upscale buffets. It is a good idea to visit such restaurant if you are not familiar with a particular cuisine and would like to give it a try, as you can sample a wide variety of dishes. If you pick something that turns out not to be appealing to you, you can always change to something different.

Article Source: http://EzineArticles.com/?expert=Mathew_Kaspersky

[sex toys](#) | [vibe](#) | [dolphin vibrator](#) | [penis cages](#) | [adult games](#)