



People go to Sin City for the glitzy shows and posh casinos. Economically-minded senior visitors seek out the most economical buffets. It all started in the 1950s, when vintage hotels such as the Desert Inn, El Rancho and the Dunes offered limitless buffets for as low as 99 cents. The most expensive buffet at the time was at the newest Strip hotel, The Sands, at \$2.99. Dinner was \$5.75, and included a glass of champagne.

Today's buffets cost from \$25 to \$70 at the posh Strip resorts, but some not-so-fancy Vegas hotels and restaurants still offer reasonable rates for all-you-can-eaters. Prices vary by seasons and days of the week. Discounts and freebees are available for player card holders and other promotions:

Ports O' Call Buffet: Gold Coast Hotel, 4000 West Flamingo Road, Las Vegas, NV 89103, phone 702-367-7111, [goldcoastcasino.com/dine/ports-o-call-buffet](http://goldcoastcasino.com/dine/ports-o-call-buffet) . Breakfast \$8.99, lunch \$8.99, dinner \$14.99

The off-Strip eatery features seven live cooking stations with arrays of ethnic specials, including Italian, Chinese and Mexican. Because it doesn't attract the crowds that line up for the big hotel buffets, you'll find dining here more relaxed and friendly. Chop Chop Buffet: Plaza Hotel, Fremont Street, 1 South Main Street Las Vegas, NV 89101, phone 702-386-2110, [plazahotelcasino.com](http://plazahotelcasino.com) . Breakfast \$6.99, lunch \$7.99, dinner \$8.99.

A throwback to the 1950s glory days of downtown Vegas, it still is a very popular destination for both local and tourist diners. It features a mix of American and Chinese offerings. For lovers of fresh-made Oriental specialties, it can be a delicious and exotic experience.

Miss Ashley's Boarding House Buffet: Buffalo Bill's, 31900 Las Vegas Blvd. South Primm, NV 89019, phone 702-382-1111, [primmvalleyresorts.com/din\\_buffets.php](http://primmvalleyresorts.com/din_buffets.php) Breakfast \$10.99, lunch \$12.99, dinner \$14.99

With that name and Old West decor, visitors could expect to see Marshal Dillon, Festus and

Miss Kitty at the buffet. No fancy Oriental nor Continental cuisine here, a couple of miles from the Strip. Miss Ashley's features good, old-fashioned home cookin', 'specially barnyard chicken and open range beef dishes.

Silver Sevens Buffet: Silver Sevens Hotel & Casino, 4100 Paradise Rd, Las Vegas, NV 89169, phone 702-733-7000, [silversevenscasino.com](http://silversevenscasino.com) . Breakfast \$7.99, lunch \$9.99, dinner \$12.99.

The buffet menu offers beef, poultry, seafood and ethnic choices from Italy, Mexico and China, as well as traditional American. The hotel was formerly called Terrible's, and the buffet is famous for homemade blueberry scones, carrot cake and cherry pie.