



ADVERTISEMENT

ADVERTISEMENT

RECOMMENDED FOR YOU

- [Good to Go: Lá Me Restaurant Is Still Superb, Even for Takeout](#)
- [Coronavirus Isn't Killing Texas Bars and Restaurants. Politicians Are.](#)

ADVERTISEMENT

KEEP SCROLLING OR CLICK TO READ:

How This Plano Restaurant Provides Meals to Those Who Can't Afford to Eat

These Aren't the Fair's, but Here Are Fabulous Treats for Your Cotton Candy Fix

Iron Fork Goes Virtual Sept. 2

How This Plano Restaurant Provides Meals to Those Who Can't Afford to Eat

ALEX GONZALEZ | SEPTEMBER 6, 2019 | 4:00AM



Education, shelter, clothing and food are all basic necessities, but many North Texas residents are short of at least one of those



things.



According to the North Texas Food Bank, 17.6% of Dallas County residents and 11.5% of Collin County residents are food insecure.



While there is no way to feed every food insecure person in these counties, a Plano restaurant owner has created a solution to help



feed people experiencing homelessness, or who are short on money.



At In Fretta Urban Pizza Bar, guests who are food insecure may ask for a few free slices of pizza and a cup of ice water. The team prepares food for the guests and treats them as they would any paying customer.

RELATED STORIES

- **[The Virgin Hotel Will Feature a New Matt McCallister Restaurant](#)**
- **[Salt Bae's Dallas Steakhouse Nears its Debut as Controversy Engulfs His Brand](#)**

- **Why Are We All Not Eating at Porky's Burgers and Wings Right Now?**

advertisement



"... Feeding the hungry is the best thing you can do," says In Fretta owner Ram Mehta. / **Ram Mehta**

"I believe in giving back," says In Fretta owner Ram Mehta. "I'm a Sikh. In my religion, feeding the hungry is the best thing you can do. My dad owns a big school in New Delhi, and 25% of the kids are poor, and they aren't charged any fees. Education and food are basic necessities. I'm just doing my part."

Before opening In Fretta, Mehta worked in information technology. However, he always had a

passion for Italian food, specifically, the heavy, hearty kind popularized in New York City.

"I used to go to Little Italy in New York," Mehta says. "I felt that

what was missing in Dallas was authentic New York pizza.”

Mehta grew tired of working in IT, and eventually decided to open In Fretta.



COUPLE BEHIND BEER FEST TAPS RELATIONSHIPS AND CREATIVITY TO KEEP BUSINESS RUNNING

“I got my main chef from New York, and I told him that my only requirement is that I want it to taste just like New York pizza,” Mehta says. “I want the best ingredients, and everything needs to

be made from scratch.”

Almost everything at In Fretta is made in-house, from the pizza dough to the sauces and pastas. The sauces for the Korean wings are imported from Korea and made specifically for In Fretta.

In addition to helping feed hungry people in his restaurant, Mehta and his team also regularly volunteer at homeless shelters.

“Just last week, we went to a homeless shelter on MLK Boulevard in Dallas,” Mehta says. “We fed over 100 homeless people. This makes me feel good. Everybody lives for themselves. What’s the point of having a couple thousand dollars on hand and not feeding someone who actually needs it? Food is a basic human necessity. If we can’t even do our parts and feed people, then what’s the point of living?”





Pastas, pizzas and sauces are made in-house at In Fretta. / **Ram Mehta**

Mehta also wants to help feed people with dietary restrictions. For those with food allergies or restrictions of any sort, Mehta requests they call and give him at least 24 hours notice. He and his team will then make diet-specific foods for them.

WE BELIEVE LOCAL JOURNALISM IS CRITICAL TO THE LIFE OF A CITY

Engaging with our readers is essential to the *Observer's* mission. Make a financial contribution or sign up for a newsletter, and help us keep telling Dallas's stories with no paywalls.

[SUPPORT OUR JOURNALISM](#)

“I am willing to go out and buy specific kinds of flour so people with dietary restrictions can eat here,” Mehta says. “It makes no sense to me when parents come in with their kids, and their kids aren’t eating anything while they watch their parents eat. It takes us five to 10 extra minutes to make food based on their specifications. I want everyone who comes into the restaurant to feel satisfied”

FEEL SATISFIED.

While Mehta commits seemingly endless acts of servitude, he insists this is what he lives for.

“I’m not doing these people a favor; they’re doing me a favor,” Mehta says. “This is what helps me sleep at night.”

In Fretta Urban Pizza Bar, 5588 State Highway 121, #300, Plano. Open 11 a.m.-10 p.m. Monday-Thursday; 11 a.m.-11 p.m. Friday-Saturday; noon-9 p.m. Sunday.

TRENDING FOOD & DRINK

- **Good To Go: Sure, Old Hag's Has Pizza, but the Fettuccine...**
- **Taqueria El Arquito Opens in West Dallas, With More Locations...**
- **GAPCo to Trade Pizza for School Supplies Aug. 11**
- **How Staples from Jimmy's Improve a Frozen Pizza and Keep You...**

Powered by SailThru





Big Tex, as seen over a half-eaten cone of cotton candy at the State Fair of Texas / **Jim Schutze**

These Aren't the Fair's, but Here Are Fabulous Treats for Your Cotton Candy Fix

KRISTINA ROWE | JULY 31, 2020 | 4:00AM



If you're a State Fair of Texas fan, you've barely had time to digest the news that **it's not happening this year**. Even so, there are still ways to get some of those treats, such as cotton candy.



If cloud-like spun sugar is a favorite, you have options, and they



look fantastic from these places.



Aqua S

2375 Victory Park Lane, Suite 140 (Victory Park)



RELATED STORIES

- [Good to Go: The Gorditas at La Nueva Puntada Ooze with Comforting Flavors](#)
 - [Escape Boring Takeout Cocktails with Las Almas Rotas' Great Escape](#)
 - [GAPCo to Trade Pizza for School Supplies Aug. 11](#)
-

advertisement

Cotton candy is fine on its own, but it might be even better wrapped around an Instagram-worthy ice cream cone from [Aqua S](#), a soft-serve ice cream shop from Sydney that opened in Dallas last month. Two ice cream flavors rotate twice monthly, with a few standby favorites such as sea salt and pineapple. Cotton candy, or “fairy floss,” as it’s called in Australia, is just one of the available fun toppings for your cone or cup. If you’re getting your treat to go, you can get cotton candy on a stick and a pint or mini tub of ice cream to eat at home.

Open 11 a.m. to 10 p.m. Sunday through Thursday; 11 a.m. to 11 p.m. Friday and Saturday.





Pineapple soft-serve with cotton candy from Aqua S / **Kristina Rowe**

Buc-ee's

Multiple locations

You'll have to drive a bit to get it, but **Buc-ee's** has buckets of cotton candy. You can match your favorite flavor of pastel fluff with some color-coordinated candy for a fun treat.

Five North Texas locations are each about an hour's drive from Dallas. The short trip will be a fun way to change up your

Dallas. The short trip will be a fun way to change up your pandemic routine, and the carnival atmosphere is sure to make your inner child smile.

Open 24 hours.



Pickle cotton candy? Oh, why the heck not? / Kristina Rowe

Rocket Fizz

2701 Main St., Suite 160 (Deep Ellum)

You can get a sugar high just walking around [this retro candy and soda shop](#). Cotton candy comes in tubs or bags, and flavors vary by location. For a great state-fair-plus-soda-shop mashup, try the [Dr Pepper](#) flavor available at the Deep Ellum store (which is next to [Revolver Taco Lounge](#), so you might as well get lunch on your visit).

Open 11 a.m. to 9 p.m. Sunday through Wednesday; 11 a.m. to 11 p.m. Thursday; 11 a.m. to midnight Friday and Saturday.

Sugaire Organic Cotton Candy

WE BELIEVE LOCAL JOURNALISM IS CRITICAL TO THE LIFE OF A CITY

Engaging with our readers is essential to the *Observer's* mission. Make a financial contribution or sign up for a newsletter, and help us keep telling Dallas's stories with no paywalls.

SUPPORT OUR JOURNALISM

Southern Methodist University Cox School of Business graduate Yasmeen Tadia formulated handcrafted, organic cotton candy as a healthier snack alternative and spun it into a sweet treat empire.

[Sugaire's](#) cotton candy is also vegan, gluten-free, kosher and halal, and it's not just for kids. Sophisticated tastes such as mango-chili, creme brulee cheesecake and sparkling rose gold dominate the

flavor options, but classic cotton candy is available, too.

Along with her gourmet popcorn, this cotton candy has been sold in luxury stores like Neiman Marcus. You can also purchase some for yourself [online](#). The confections are offered in collections that range from a simple pint container to elaborate gift boxes for coffee, tea or cocktail infusions.

One especially thoughtful offering is a themed gift box that includes four selected flavor pints and a copy of author Nicole Updegraff's book, *I Love My Cotton Candy Hair*. Proceeds from this and other boxes in the Black Lives Matter collection are donated in full to your choice of 10 Black-led or Black-founded nonprofits. Seven of the options are Dallas-based charities.

TRENDING FOOD & DRINK

- [Good To Go: Sure, Old Hag's Has Pizza, but the Fettuccine...](#)
- [Taqueria El Arquito Opens in West Dallas, With More Locations...](#)
- [GAPCo to Trade Pizza for School Supplies Aug. 11](#)
- [How Staples from Jimmy's Improve a Frozen Pizza and Keep You...](#)

Powered by [SailThru](#)