

Get a Bite to Eat

Option one: I-95 Corridor, Exit 107

For the family that **all** want something different -- sandwiches, pizza, or hamburgers. Pull off Exit 106 in Kenly on I-95, and stop at the [Kenly 95 Petro Truckstop](#)'s food court. It will be fast food but also everyone will be happy - enjoy Pizza Hut, Wendy's, Subway, Caribou Coffee, or Taco Bell. Also available is a sit-down option at the Iron Skillet restaurant.

Option two: I-95 Corridor Exit, 95 & 97

Over 15 national chain restaurants are available at Exits 97 & 95 on I-95, so much to choose from including Mexican, Italian, Deli's, and Bakeries (for something sweet!) We also suggest heading into Downtown Smithfield to try some local favorites - [SoDoSoPa](#) for some barbecue, [Simple Twist](#) for fresh salads and burgers, [Gotham's New York Style Deli](#) for classic subs, and [The Gilded Pear](#) for crepes and yummy bake goods.

Option three: I-95 Corridor, Exit 79

Do you also need a break for the pups? Stop in Benson, I-95, Exit 79 and spend a few minutes at the [Benson Dog Park](#), then head downtown for a bite to eat. They have the regular fast food options, or you can try the waffles at [Cornerstone Cafe](#) for a treat (they have dog-friendly outdoor seating).

Option four: I-40 Corridor, Exit 312

Traveling on the east/west corridor through Johnston County on I-40? Stop at Exit 312 where you will find all the fast food options you need. Also it's a great place to try the famous [Smithfield's Chicken & BBQ](#), or a local favorite [Simple Twist](#) for chef-driven menu items like salads, small plates, wraps, and burgers.

Option five: I-40 Corridor, Exit 319

Two stand out options are found on Exit 319 on I-40, and worth your time to stop for lunch. [Redneck BBQ Lab](#) (yes, it's next to a gas station) is serving up competition BBQ and sides that visitors drive for miles to enjoy. Just down the road a bit is [Ms. B's Bake Shop](#) and we suggest you treat yourself to a cupcake before getting back on the road!