

Welcome to

CHOW!

W I N T E R 2 0 0 4

ABOUT THE COVER ARTIST: Sophie Navarro is a local artist who has worked in video production and animation. She is currently designing comic books and gift cards and is available for freelance artwork. She can be reached at munravin@hotmail.com



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In the heart of winter, there's really nothing better than staying close to home, decked out in your softest, warmest fleece clothes, sipping at a cup of hot tea or cocoa. But – should you get a hankering for the outside world, for a meal made by someone else, for the company of friends and loved ones, let this winter issue of Chow! be your guide through the storms.

You'll find the ever-growing Eugene, Springfield and Corvallis restaurant listings here, along with news, food trends, and reviews: Lance Sparks takes us to LCC's new Center for Meeting and Learning, where the chefs of tomorrow practice the art of culinary creativity; Karman Ratliff looks into the craziness of the low-carb craze; and former Chow! editor Marina Taylor reviews oodles of local noodle places.

So rinse out your teacup, cover the fleece up with a layer of Gore-Tex, and brave the storms for good, local eats. – *Bobbie Willis*



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Fantastic Seafood Entrées
Entrées change weekly.
 Fresh U-Bake Seafood
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 Good Inexpensive Wine
 Variety of Microbrews



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A fully cultured vegan alternative to yogurt and made with organic amazake. Available in plain or with organic fruit blended in the cup. We add six vegan cultures to promote good digestion.



USDA Certified Organic by Oregon Tilth

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Continental
Adam's Place
 30 E. Broadway Phone: 344-6948.
adamsplacrestaurant.com

Fresh grilled seafood, prime meats, free range poultry, organic ingredients, creative salads, great vegetarian entrées, seasonal menus. Full bar - home of the Eugene Martini Association (Wine Spectator Award of Excellence) and microbrews. Banquet facilities available. Mahogany Room 4:30 daily serving drinks and hors d'oeuvres. Dinner 5-10. Reservations recommended.

2002
 Voted Best Service (2nd Place)
 Voted Best Restaurant (2nd Place)

2003
 Voted Best Steak (2nd Place)
 Voted Best Romantic Dinner (2nd Place)



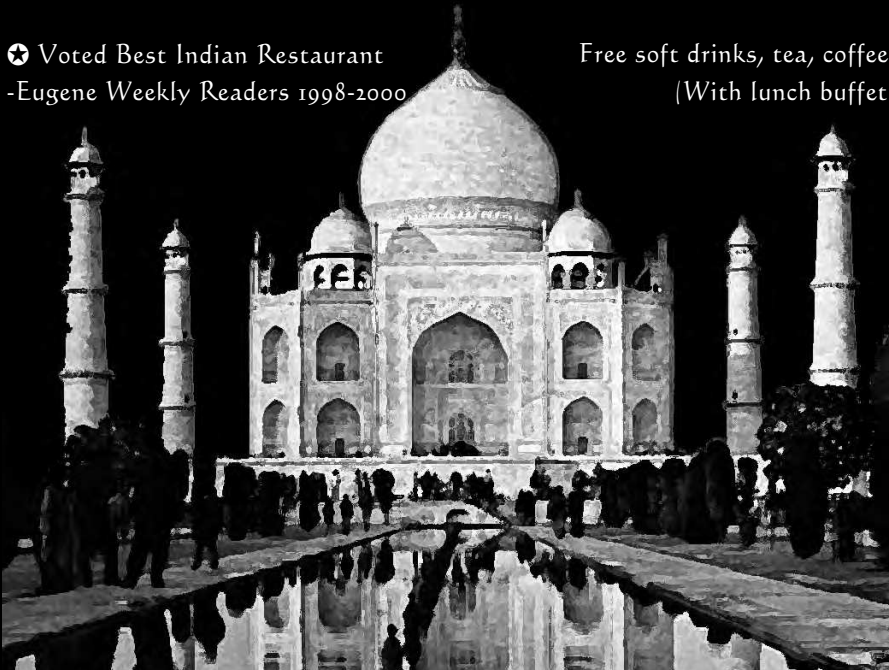
Taste of India

Buffet Lunch Special
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Sunday Dinner Buffet Special
 \$10.99 all you can eat (children's prices vary).

★ Voted Best Indian Restaurant - Eugene Weekly Readers 1998-2000

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Catering available ♦ Full menu available to go
 7 Days a week 11:00-3:00 & 5:00-10:00
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<http://tasteofindia.uswestdex.com>