

ROYAL PACIFIC LOUNGE

800 NW 9th St. 758-1720.
Serving lunch and dinner, full bar. 11 am-2 am daily. V/MC. \$.

SQUIRREL'S TAVERN

116 SW 3rd. 753-8057.
Serving lunch and dinner, full bar. 11:30 am-1 am M-Th, 11 am-1:30 am Sa, 5 pm-midnight Su. No cards. \$-\$\$.

TAILGATERS SPORTS BAR & GRILL

1425 NW Monroe Ave Suite M. 752-6316.
Bar fare, great Philly cheese steaks, beer on tap and full bar. All ages welcome. 11 am-2 am Tu-Sa. V/MC. \$.

TOMMY'S 4TH STREET BAR & GRILL

350 SW 4th St. 754-7622.
Serving great breakfasts, lunch and dinner. Full bar and lounge open late on weekends. Some OG./LG. 6 am-1 am daily. All major cards. \$-\$\$\$.

Bakeries

GRAMMA DAMA'S DONUTS

2215 NW 9th St.
Fresh donuts and pastries. 5:30 am-2:00 pm M-F, 6 am-2 pm Sa. \$.

NEW MORNING BAKERY

See Cafés

TAYLOR STREET OVENS

1025 NW 9th St. 757-0166.
Serving bagels, coffee drinks and more. 7 am-7 pm M-F, 7 am-2 pm Sa. All major cards. \$.

Burgers

CLODFELTER'S PUB

1501 NW Monroe Ave. 758-4452.
Serving breakfast, lunch and dinner, homemade soups daily. TVs, full bar, sports pub. Late night menu served from 9 pm-midnight. 10 am-1 am M-W, 10 am-2 am Th-Sa, 10 am-midnight Su. V/MC/AE/D. \$.

JAMIE'S GREAT HAMBURGERS

1999 NW Circle Blvd. 758-7402.
Burgers, fries, sandwiches, soft drinks and shakes. 11 am-8 pm Su-Th, 11 am-9 pm F & Sa. V/MC/D/AE. \$.

Cafés

BAGEL SPHERE

2027 NW Monroe St. 758-4353.
Serving breakfast, lunch. Twenty-one varieties of boiled and baked bagels. Breakfast bagels, bagel sandwiches, vegetarian spreads, vegetarian entrees, soup, espresso. All natural ingredients in bagels. Take-out. Some OG. 7 am-4 pm M-F, 7 am-2 pm Sa & Su. V. \$.

CHIPPERY, THE

130 SW 1st St. 752-4477.
Featuring fresh made potato chips, sandwiches, burgers, soups and drinks. 11 am-7 pm daily. V/MC. \$.

FOX & FIRKIN

202 SW 1st St. 753-8533.
A British-style pub with everything from traditional pot pies and bangers/mash to pastas. Hand-cut fries, 44 microbrews on tap, full service bar, live music on weekends. 11 am-11 pm M-F, noon-2 am Sa, 1 pm-2 am Su. V/MC/DC/AE. \$\$.

LOCAL BOYZ HAWAIIAN CAFÉ

1425 NW Monroe Ave. 754-5338.
Aloha-style plate lunches, served in three different sizes, with steamed rice and macaroni salad or steamed veggies.

word is...

Foodcarts are making roots: **Papa's Soul Food**, which used to be Papa's Soul Food Foodcart at 7th and Polk, now has a permanent home at **Joe's Bar & Grill** on 6th Avenue.

Wheelchair accessible. LG. 11 am-8 pm M-F. 12-7 Sa. V/MC/Debit. \$-\$\$.

NEW MORNING BAKERY

219 SW 2nd St. 754-0181.
Corvallis landmark for 20 years. Now serving fine wine and microbrews. Italian espresso bar. International specialties from scratch with all-natural fresh ingredients. Soups, salads, sandwiches, Italian breads, pastries, cookies and desserts. Catering and wedding cakes available. Some OG./LG. 7 am-9 pm M-F, 7 am-10 pm F & Sa, 8 am-8 pm Su. V/MC. \$-\$\$.

PITA PIT

1425 NW Monroe. 738-PITA.
Serving lunch and dinner: Pitas stuffed with falafel, baba ghanooj, gyros, roast beef chicken and a variety of other selections. Choose your own toppings and sauce. Delivery. 11 am-3 am M-W, 11 am-4 am Th-Sa, noon-2 am Su. No cards. \$.

QUIZNO'S CLASSIC SUBS

1573 SW 53rd St. 752-1600.
Serving lunch and dinner: Santa Fe smoked turkey, classic Italian, fresh soups and salads made daily. Vegetarian entrees, catering available. Take-out. LG. 11 am-9 pm M-Sa, 11 am-8 pm Su. All major cards. \$.

SUNNYSIDE UP, INC.

116 NW 3rd St. 758-3353.
Whole bean coffee (organic and fair trade), soup, salads, sandwiches, wraps, baked goodies and all day breakfast with organic eggs. Wheelchair accessible. Some OG./LG. 6 am-7 pm daily. No cards. \$.

TOGO'S GREAT SANDWICHES

2317 N.W. 9th St. 753-1444.
Hot and cold sandwiches, soups and salads. Wheelchair accessible. 10 am-10 pm M-Sa, 11 am-10 pm Su. MC, V, AE, D. \$.

UNIVERSITY HERO

211 SW 5th St. 754-7827.
Serving specialty sandwiches and subs. 10 am-9 pm daily. V/MC. \$.

YOGURT HILL

943 NW Kings Blvd. 758-3337.
Frozen yogurt, ice cream, sandwiches, light lunch and dinner menu. 11 am-9 pm M-F, 11-7 Sa, closed Su. \$.

Chinese

BENTO ORIENTAL EXPRESS

1425 NW Monroe Ave. 757-9690.
Serving lunch and dinner. 11 am-9 pm M-Sa, noon-9 pm Su. No cards. \$.

BLUE SKY CHINESE RESTAURANT

1195 NW Kings Blvd. 752-7528.
Serving lunch and dinner, lunch specials daily. 11:30 am-9:30 pm M-Th, 11:30 am-10 pm F-Sa, noon-9:30 Su. AE/MC/V/DC. \$-\$\$.

CHINA BLUE RESTAURANT

2307 NW 9th St. 757-8088.
Serving lunch and dinner. 11:30 am-10 pm Su-F. 4-10 pm Sa. V/MC. \$-\$\$.

CHINA DELIGHT

325 MW 2nd St. 753-3753.
Serving lunch and dinner, specializing in Szechwan, Mandarin, traditional Chinese and vegetarian cuisine. Some OG. 11 am-9 pm Su-Th, 11 am-10 pm F & Sa. All major cards. \$\$.

JADE GARDEN

503 SW 3rd St. 752-7455.
Lunch, dinner, orders to go, banquet facilities, lounge. 11 am-9:30 pm Su-Th, 11 am-10:30 pm F & Sa. V/MC. \$\$.

KIM HOA'S KITCHEN

1875 NW Circle Blvd. 754-9751.
Serving lunch and dinner. 11 am-9 pm M-F. V/MC. \$\$.

KING BUFFET

800 NW 9th St. 738-8883.
Over 65 items available daily in the buffet, seafood, specials, banquet facilities. 10 am-10 pm Su-Th, 10 am-11 pm F & Sa. Some cards. \$-\$\$.

KING TIN

1857 NW 9th St. 752-1722.
Serving lunch and dinner. 11:00 am-9:30 pm daily. V/MC. \$\$.

PANDA EXPRESS

Oregon State University. 737-6888.
Serving lunch and dinner, Chinese cuisine for students and those on the go. 10 am-8 pm M-F, 11 am-7 pm Sa & Su. No cards. \$.

PING'S GARDEN

1209 9th Ave., Albany. 967-7367.
Serving lunch and dinner. 11 am-10 pm daily. V/MC. \$-\$\$.

Coffeehouses

BEANERY, THE

948 NW Circle Blvd. 754-5916.
2541 NW Monroe Ave. 757-0828.
500 SW 2nd. 753-7442.
Allann Bros. coffee and espresso drinks, iced coolers, pastries, fresh deli, panini sandwiches, whole bean coffee and loose leaf teas. Eat in or take-out. Circle Blvd.: 6 am-6 pm M-F, 7 am-6 pm Sa, 8 am-5 pm Su. Monroe St.: 6 am-10 pm M-F, 7 am-10 pm Sa, 8 am-9 pm Su. 2nd St.: 6 am-11 pm M-Th, 6 am-midnight F & SA, 6 am-11 pm Su. V/MC/D. \$.

INTERZONE

1563 N.W. Monroe. 754-5965.
Fresh pastries every morning, all-vegetarian soups, casseroles, vegan options. All-natural Monin Syrups, organic coffee and dairy. Serving breakfast weekends, huevos rancheros, tofu scrambles, omelettes and breakfast burritos. OG./LG. 7 am-10 pm M-F, 8 am-10 pm Sa & Su summer hours, open until midnight during the school year. No cards. \$.

Continental

CAFÉ CRISTO & CATERING

831 Elm St. SW, Albany. 926-7583.
www.cafecristo.com
Offering a full menu featuring specialty salads, quiche, gourmet burgers, delicious desserts and espresso. Dinner menu changes weekly and may include herbed prime rib, salmon with mango salsa. Breakfast served daily. Also outdoor dining in enclosed patio. Wheelchair accessible. Some OG./LG. 8 am-2 pm Su-Tu, 8 am-8 pm W & Th, 8 am-9 pm F & Sa. V/MC/D/AE. \$-\$\$\$.

GABLES, THE

1121 NW 9th. 752-3364.
Traditional favorites. Lounge: 4:30 daily, dinner: 5-9 pm M-F. \$-\$\$\$.

MICHAEL'S LANDING

603 NW 2nd St. 754-6141.
Unique daily specials, hand cut steaks, prime rib, fresh seafood, chicken and pasta specials, soups made from scratch daily. Overlooking the Willamette River. 11:30 am-9 pm M-Sa, 10 am-8 pm Su. All major cards. \$-\$\$\$.

Delis

JOHN HENRY'S DELI & COFFEE BAR

2121 NW Monroe. 738-6003.
Serving breakfast and lunch, espresso and coffee. 7 am-7 pm M-F, closed Sa-Su. Some cards. \$-\$\$.

OLD WORLD DELI

341 SW 2nd St. 752-8549.
Serving breakfast and lunch. 8 am-10 pm M-Sa, 11 am-5 pm Su. No cards. \$-\$\$.

WINE DEPOT & DELI

300 2nd Ave SW., Albany. 967-9499. Fax 987-9454.
Sandwiches, soups, salads, desserts at the Two Rivers Market. Wine by the glass. 9 am-8 pm M-F, 9 am-5:30 pm Sa, noon-5 pm Su. All major cards. \$-\$\$\$.

International

CRYSTAL'S CUISINE & CAFÉ

1425 NW Monroe Ave. #E. 752-6403.
Mediterranean specialties. Wheelchair accessible. Some OG./LG. 9 am-8:30 pm daily. V/MC. \$-\$\$.

EVERGREEN INDIAN RESTAURANT

136 SW 3rd St. 754-7944.
Serving lunch and dinner, traditional Indian dishes. Lunch: 11:30 am-2:30 pm, dinner 5-9:30 daily. V/MC. \$-\$\$\$.

LE BISTRO COUNTRY FRENCH CUISINE

150 SW Madison Ave. 754-6680.
www.lebistro.com
Hearty fare from the southwest of France. Comfort food in an upscale, casual bistro atmosphere. Specializing in the sauces that make French food famous. LG. 4:30-9:30 pm Tu-Sa. V/MC. \$\$\$.

NOVAK'S HUNGARIAN RESTAURANT

2835 Santiam Hwy. SE. 967-9488.
Rich traditional Hungarian specialties: Spaetzle, extra lean pork, beef and chicken in creamy sauces. Vegetarian entrees. 11 am-9 pm Su-F, 4-9 pm Sa. MC/V/AE/DC/D. \$\$\$-\$\$\$\$.

OASIS RESTAURANT

2315 NW Kings Blvd. 754-1850.
Lebanese cuisine. Lunch: 11 am-2 pm Tu-F, dinner 5-8:30 pm Tu-F, 5-8:30 pm dinner only on Sa. \$.

RIVERVIEW MONGOLIAN GRILL

230 NW 1st St. 754-8402.
Pick your own vegetables, sauces, & meats, prepared before your eyes. 11 am-8 pm Su-Th, 11 am-9 pm F & Sa. V/MC. \$-\$\$.

Italian

FIGARO'S ITALIAN KITCHEN

2025 NW Circle Blvd. 757-3539.
Serving lunch and dinner, Italian specialties. 11 am-9 pm daily. V/MC. \$\$\$.

IOVINO'S RISTORANTE & CATERING

126 SW 1st St. 738-9015
Italian cuisine using the freshest ingredients of the Northwest. Casual dining in an "uptown" atmosphere on the Corvallis river front. Some OG./LG. Serving dinner nightly at 5 pm, late night bar menu after 10 am. V/MC/AE. \$\$\$.

IZZY'S PIZZA BAR & CLASSIC BUFFET

2475 NW 9th. 757-1156
Serving lunch and dinner, family friendly atmosphere. 11 am-9 pm Su-Th, 11 am-10 pm F & Sa. V/MC. \$-\$\$.

MARZINI'S

922 NW Kings Blvd. 754-2411.
Serving breakfast, lunch and dinner, specializing in pasta and Italian favorites. 8 am-9 pm M-F, 9 am-9 pm Sa & Su. MC/V. \$-\$\$.

Japanese

AOMATSU JAPANESE RESTAURANT

122 NW 3rd St. 752-1410.
Full sushi bar, lively atmosphere. Friendly sushi chefs entertain you. Lunch, dinner and lots of specials. Noodles, tempura, BBQ, teriyaki and more. Lunch: 11:30 am-2:30 pm M-F, dinner: 5-9 pm M-Sa. V/MC/DC/AE. \$\$\$.

Korean

YOUNG'S KITCHEN

2051 NW Monroe Ave. 757-7226.
Korean and Japanese. Sushi, udon, teriyaki ribs, yakisoba. Take-out. 10:30 am-9 pm M-Sa. \$-\$\$.

Mexican

BOMBS AWAY CAFÉ

2527 NW Monroe Ave. 757-1721.
Traditional recipes, fresh ingredients, all made right here. A family atmosphere in our front room with full wait service in our lounge. We specialize in natural meats and vegetarian fare, seafood and shellfish entrees, homemade desserts and breads. 11 am-midnight M-F, 5 pm-midnight Sa, 5-9 pm Su. V/MC. \$-\$\$.

EL PRESIDENTE MEXICAN RESTAURANT AND CANTINA

1110 NE 2nd St. 752-1366.
Serving lunch and dinner, traditional Mexican food, full bar. 11 am-2 am daily. V/MC/AE. \$-\$\$.

EL SOL DE MEXICO

1597 NW 9th St. 752-9299.
Lunch and dinner, beer, wine and cocktails. Parties up to 30 people, food to go. 11-10 Su-Th, 11 am-11 pm F & Sa. V/MC/DC/AE. \$-\$\$.

EL TAPATIO RESTAURANT

1845 NW Circle Blvd. 758-1735.
Serving lunch daily and dinner on Fridays and Saturdays. 11 am-10 pm Su-Th 11 am-11 pm F & Sa. V/MC/AE/DC. \$-\$\$.

IGNACIO'S MEXICAN RESTAURANT

550 NW Harrison Blvd. 757-3215.
1727 Hill St., Albany. 926-1943.
Homestyle cooking, vegetarian dishes, specialty margaritas, orders to go. 11 am-10 pm daily. Some cards. \$-\$\$.

LA BAMBA CAFÉ

1520 SE Pacific Blvd., Albany. 928-7566.
Serving lunch and dinner. 11 am-9 pm M-Th, 11 am-9:30 F, noon-9:30 pm Sa. V/MC. \$-\$\$.

LA CONGA

360 NW 5th St. 752-2422.
Breakfast, lunch and dinner, Mexican and American favorites. Open 24 hours a day, every day. V/MC. \$-\$\$\$.

LA ESTRELLITA MEXICAN RESTAURANT

2309 NW Kings Blvd. 754-0514.
Serving lunch and dinner. 11 am-8 pm Sa-Th, 11 am-9 pm F. Some cards. \$-\$\$.

LOS DOS AMIGOS FAMILY MEXICAN RESTAURANT

1402 Pacific Blvd. SE. 928-5363.
Mexican family restaurant serving lunch and dinner. 11 am-9 pm daily. MC/V. \$-\$\$\$.

SANCHO'S MEXICAN GRILL

1425 NW Monroe, Suite A. 752-2500.
Located on campus, specializing in fresh, healthy, authentic Mexican cuisine and cocktails. All poultry, beef, salsa and beans are prepared daily, using only fresh veggies and the finest ingredients. Full bar. Outside dining. 11 am-1 am M-Sa. MC/V/AE. \$.

SEÑOR SAM'S MEXICAN GRILL & CANTINA

140 NW 3rd St. 754-7448.
All food prepared fresh daily, with custom built healthy meals. Fresh salsa bar. 11 am-8:30 pm daily. All major cards. \$.

TACOS URUAPAN

1813 SE 3rd St. 752-5380.
Authentic Mexican cuisine. 11 am-8 pm M-Th, 11 am-9 pm F-Sa, noon-8 pm Su. V/MC/DC/D. \$-\$\$.

Microbrew

MCMENAMINS

420 NW 3rd St. 758-6044.
Oregon's favorite brewpub chain. Hearty sandwiches, soups and salads. 11 am-1 am M-Sa, noon-midnight Su. V/MC/AE/D. \$-\$\$.

WYATT'S EATERY & BREWHOUSE

2111 1st Ave NW. 917-3727.
Twenty-four beers on tap, full bar. Lunch and dinner menu. Burgers, pasta, seafood, steak and wraps. 11 am-8:30 pm M-Th, 7 am-10:30 pm F & Sa. MC/V/AE/D.

Northwest

BIG RIVER RESTAURANT & BAR

101 NW Jackson. 757-0694.

Eclectic, fresh Northwest cuisine using local organic produce, prime beef, native fish, and Big River breads. The copper-topped bar features regional wines, single malts, martinis and jazz on weekends. Wheelchair accessible. Some OG./LG. Lunch 11-2 pm M-F, dinner from 5 pm M-Sa. DC/MC/V/AE. \$\$\$.

INTABA'S KITCHEN

1115 South Third, 99W. 754-6958.
Innovative organic cuisine, elegant dining ambiance featuring earthen, sculptural wood-fired oven. Grilled seafood, wood-fired pizza, creative vegetarian/vegan entrees, decadent desserts. Fine wines & microbrews. Live music, lectures and special events. See details at www.intabas.com Wheelchair accessible. OG/LG. 11:30 am-2:30 pm (lunch) & 5 pm-9 pm (dinner) T-Sa, 10 am-2 pm (brunch) Su. V/MC. \$-\$\$\$.

Pizza

AMERICAN DREAM PIZZA

2525 NW Monroe Ave. 757-1713.
Outrageous combos and unusual toppings. 11 am-10 pm daily, open till 11 pm F. V/MC. \$-\$\$.

BRAND X PIZZA

1420 NW 9th St. 757-7999.
Delivery and carry-out pizza. Hand-tossed dough made fresh daily. Homemade sauce and 100 percent mozzarella cheese. Topped with high quality ingredients. Also oven-baked sub sandwiches. 4-11 pm daily. V/MC/AE. \$-\$\$\$.

CIRELLO'S PIZZA

919-F NW Circle Blvd. 754-9199.
Serving dinner. Open till 10 pm Su-Th, till 11 pm F & Sa. V/MC. \$.

HEADLINE CAFÉ

300 SW Jefferson Ave. 758-1642.
Serving lunch and dinner. 11-close daily. V/MC. \$-\$\$.

WOODSTOCK'S PIZZA PARLOR

1045 NW Kings Blvd. 752-5151.
Pizza & salads, beer & wine. Free delivery (most of Corvallis). Wheelchair accessible. 11 am-midnight Su-Th, 11 am-1 am F & Sa. V/MC/D. \$-\$\$.

Iraila's Walnut-Garlic Sauce



Ken Glenn and Mark Zolun, co-owners of Iraila's.

It has been said there are no new recipes, just variations on the originals. This is our variation of an ancient Greek recipe from well over 2,400 years ago, the time of Pericles, Confucius and the Buddha. The original was mashed together using a mortar and pestle – if you have time, go for it – but a food processor is so much easier. Play with the proportions on all the ingredients to get the sweet, hot, lemony, garlicky blend you like.

- 3 to 5 cloves garlic
- 3 bunches parsley (can have some stem – exchanging 1 bunch cilantro is nice, too)
- 1 1/2 c. walnuts pieces
- 1 T. lemon juice (can use some chopped zest also)
- 1/4 c. honey the more flavorful the better
- 1 to 3 cups virgin olive oil (not extra virgin!)
- At least 2 t. each salt and freshly ground pepper
- Red pepper flakes to taste

Put garlic in processor and mince. Add parsley and pulse until diced (you may have to remove lid and re-pack parsley into bowl). With processor running, add walnuts, lemon juice, honey, and salt and pepper. Scrape down sides of processor. Re-start and add olive oil until you reach a peanut butter-like consistency. Add pepper flakes and adjust seasoning if needed.

This sauce goes nicely