

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 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 URUPAN

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

211 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.

Intaba's Kitchen's Nut Crusted Wild Pacific Halibut with Creole Concassé



Chef Intaba at Intaba's Kitchen in Corvallis

Chef Intaba invites you to celebrate the summer's bounty of fresh, local foods. Intaba's uses more than 95 percent organic ingredients from more than 25 local, sustainable organic farmers, foragers, fisherfolk, ranchers, cheesemakers, brewers and vintners. This recipe highlights the opening of halibut fishing season in Newport...

1 1/2 lbs. wild halibut fillet
1 c. Herb Aioli (recipe follows)
2 c. toasted nut crumbs (use any combination - almond, pistachio, hazelnut)
2 T. extra virgin olive oil

Wash fish in cold water; pat dry. Cut into four 6-oz. portions. Dredge fish in aioli, shaking off extra; dredge in nut crumbs. Place on lightly oiled pan and drizzle with olive oil. Grill, broil or bake until fish tests done and crust is golden crisp. Serve with Creole Concassé,

Intaba's Herb Aioli Dressing

Blend the following ingredients until smooth and pour-able:

1 1/2 lbs. Surata soft tofu
1/4 c. roasted organic garlic cloves
1 t. minced fresh organic garlic
1/4 c. extra virgin olive oil
2 T. umeboshi plum paste
2 T. minced organic scallions

1 T. organic lemon juice
1/2 t. chipotle pepper paste
1/2 c. minced organic cilantro

Creole Concassé

2 T. extra virgin olive oil
2 c. chopped organic onion
1 T. minced organic garlic
1 c. chopped organic celery
1 to 2 minced organic jalapeño peppers
3 c. peeled, seeded and chopped organic vine-ripened tomatoes
1 c. organic white wine
1/2 c. chopped organic bell peppers
Sea salt
Black pepper

Sauté onion, garlic, celery and jalapeño in oil and season with salt. When soft, add tomatoes, peppers and wine. Simmer on medium-low heat 10 minutes or until translucent. Season to taste. Add fresh herbs, if desired. Makes 1 quart.

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 atmosphere featuring earthen, sculptural wood-fired oven. Now serving organic chicken and grass-fed meats. 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/AE. \$\$.

Seafood

MCGRATH'S FISH HOUSE

350 Circle Blvd. 752-FISH.
Fresh fish & seafood, serving lunch, dinner, and Sunday brunch. 11 am-10 pm M-Th, 11 am-11 pm F & Sa, 10 am-10 pm Su. V/MC/AE/D. \$\$-\$\$\$.

Southeast Asian

CHA-DA THAI RESTAURANT

1945 NW 9th. 757-8223.
Cha-Da offers delicious Thai cuisine and an extensive choice of vegetarian and non-vegetarian dishes. The lunch buffet changes daily. Tastefully decorated with original paintings of ancient village life. Wheelchair accessible. Some OG/LG. Lunch: 11:30 am-2:30 pm, dinner: 5-9 pm. Open daily. V/MC/DC/AE. \$\$.

MAGENTA RESTAURANT & CATERING

1425 NW Monroe Ave #A. 758-3494.
Bold, exotic French and Asian infused, delicately balanced dishes in a hip urban environment. Wines selected carefully by chef Kimber Hoang. Superb specialty martinis and \$2 bar menu. Wheelchair accessible. Some OG/LG. Lunch 11 am-2 pm M-F, dinner 5-10 pm M-Sa, 5-8 pm Su. V/MC/D/AE. \$-\$\$\$\$.

TARN TIP THAI CUISINE

2535 NW Monroe Ave. 757-8906.
Serving lunch and diner. LG. Lunch 11 am-3 pm, dinner 5-9 pm M-Sa, 4-9 pm Su. No cards. \$.

Vegetarian

NEARLY NORMAL'S GONZO CUISINE

109 NW 15th. 753-0791.
Mexican, Italian, Mediterranean, tofu and tempeh, fresh juice and smoothies, margaritas, beer and wine. Catering, outdoor garden dining. Wheelchair accessible. Some OG/LG. 8 am-8 pm M-W, 8 am-9 pm Th & F, 9 am-9 pm Sa. V/MC. \$-\$\$.

Get Creative

Make your own masterpiece at our
Feast Alternative Deli
(at the Main Store)



Gourmet Pizza \$2.99/slice
& Salad Bar \$6.99/lb

Roast Pork Loin \$7.99/lb
Emerald Sesame Kale \$6.49/lb
Caper & Artichoke Salad \$4.99/lb

Fresh from
our kitchen
3 great meals
under \$6*



Cup o' Soup \$1.79
& American Veggie Burger \$3.99

*Items are by weight. Meals are only suggestions.

First Alternative NATURAL FOODS CO-OP



Main Store: Open 9 to 9 daily
1007 SE Third St. • Corvallis
(541) 753-3115

North Store: Open 7 to 9 daily
NW 29th & Grant • Corvallis
(541) 452-3115

- FULL SERVICE DELI, SALAD BAR, SOUPS & MADE-TO-ORDER SANDWICHES with seating areas at our Main store
- GRAB & GO MEALS at both stores

we have **OPTIONS...**

- organic
- clean meat
- vegan
- vegetarian
- dairy-free
- wheat-free
- gluten-free
- low-fat
- soy-free
- nut-free

SOMETHING FOR EVERYONE