

LOTUS GARDEN VEGETARIAN RESTAURANT

810 Chamelton St. 344-1928.
Serving Chinese vegetarian entrees for lunch and dinner. Take-out. Some LG. Wheelchair accessible. 11:30 am-2:30 pm and 4:30-8:30 pm M, W-F. Noon-8:30 pm Sa. MC/V/DC. \$-\$\$.

★ Best Chinese

MORNING GLORY CAFÉ

See Cafés

NEW ODYSSEY JUICE & JAVA

See Coffeehouses

SHINING SUN LIVING CUISINE & JUICE BAR

1436 Willamette St. 653-0862.
Previously Conquering Lion. Serving tasty selection of raw food items and fresh juices. Beautiful, gourmet, 100% organic cuisine made with lots of love! OG/LG. Wheelchair accessible. Lunch: noon-3 pm, dinner: 5 pm-8 pm daily. \$-\$\$.

CORVALLIS

American

AJ'S RESTAURANT & PUB

137 SW 2nd St. 752-7570.
Northwest restaurant and pub, featuring live music. Wheelchair accessible. 11:30

am-2 am M-Sa, 4-9:00 pm Su. All major cards. \$\$.

BURTON'S SUNNYBROOK RESTAURANT

119 SW 3rd. 753-1248.
Regular menu, buffet service: Fri and Sat eves, Sunday breakfast and dinner. Catering, conference and banquet rooms. 6 am-10 pm daily. V/MC/AE/D/DC. \$\$\$-\$.

DARRELL'S RESTAURANT & LOUNGE

2200 NW 9th St. 752-6364.
Serving breakfast, lunch and dinner, full bar. 6 am-2 am M-Sa, 6 am-11 pm Su. V/MC. \$\$.

MURPHY'S RESTAURANT & LOUNGE

2740 SW 3rd St. 758-9000.
Serving lunch and dinner, full bar, 11 am-11 pm M-Th, 11 am-1 am F & Sa, 10 am-11 pm Su. V/MC. \$\$.

O'CALLAHAN'S RESTAURANT & CATERING

1550 NW 9th St. 757-3305.
Serving local American favorites at the Ramada Inn. LG. 6:30 am-11 pm daily. V/MC/AE/D/DC. \$\$\$-\$.

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. \$-\$\$.

TAILGATORS 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 week-ends. 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, home-made 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

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 week-ends. Brunch Sa & Su 9 am-1 pm. 11 am-11 pm M-F, 9 am-2 am Sa, 9 am-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. 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. Wheelchair accessible. Some OG/LG. 7 am-9 pm M-Th, 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 Daily. MC, V, AE, D. \$.

UNIVERSITY HERO

211 SW 5th St., Corvallis. 754-7827.
Serving specialty sandwiches, smoothies and subs. Wheelchair accessible. LG. 10 am-9 pm M-Sa, 11 am-9 pm Su. 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

1585 SW 53rd St. 752-7528.
Serving lunch and dinner, lunch specials daily. Wheelchair accessible. 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 NW 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 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. Wheelchair accessible. Circle Blvd.: 6 am-6 pm M-F, 7 am-6 pm Sa, 8 am-5 pm Su. Monroe St.: 6 am-5:30 pm M-F, 7 am-5 pm Sa, 8 am-4 pm Su. 2nd St.: 6 am-11 pm daily. 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

FIRST ALTERNATIVE CO-OP

1007 SE 3rd St. 753-3115. (Main store/Feast Alternative Deli)
29th & Grant Ave. 452-3115. (North store)
Our full-service deli at our main store offers mostly organic entrees, salads, made-to-order sandwiches, two soups of the day, a salad bar, pizza-by-the-slice and a new hot food bar. Both stores carry Grab & Go meals made in our kitchen. Wheelchair accessible. OG/LG. Main: 9 am-9 pm daily, North: 7 am-9 pm daily. V/MC. Sold by weight. \$.

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: Falafel, gyros, chicken & meat. Wheelchair accessible. Some OG. 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 & CATERING

2306 Heritage Way SE. 967-9488.
Traditional Hungarian specialties: chicken paprikas, kielbasa, cabbage rolls. Vegetarian entrees. In-house bakery. Novak's also offers catering for events and special occasions. Wheelchair accessible. LG. 6:30 am-9 pm daily. MC/V/AE/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

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. Wheelchair accessible. Some

Soylent Green Bowl

from Laughing Planet Café

Barley Quinoa Shitake Pilaf (see recipe below)
12 oz. marinated grilled tempeh
1 lb. Steamed fresh broccoli
1 lb. Steamed fresh chard or collard greens
Cilantro Pesto (see recipe below)

Cook the barley quinoa pilaf according to the recipe below. While it is cooking prepare the pesto and set aside. Wash and cut the vegetables. When you are ready to assemble the bowls heat the tempeh in a saute pan. Cook the vegetables in a steamer.

Place the barley mixture in the bottom of a bowl. Layer the steamed vegetables and tempeh on top of the barley. Top with 2 oz. pesto per bowl. Serve & enjoy. Serves 4.

Cilantro Pesto

1/2 c. toasted pumpkin seeds
1 oz. (by weight) fresh parsley (omit the stems as they are bitter and tough)
3 oz. (by weight) fresh cilantro (stems may be used, they have lots of flavor & are not tough)
1 1/2 t. minced fresh garlic
3 T. fresh lime juice
3/4 c. olive oil
1 t. salt
1 t. black pepper

To toast the pumpkin seeds preheat oven to 350. Evenly spread the pumpkin seeds on a cookie sheet. Put them in the preheated oven for 15 minutes. Remove from the oven and allow to cool.

Wash the fresh herbs in cool water. Shake well to dry. Place all the ingredients in a blender and puree until smooth.



Barley Quinoa Pilaf

1 c. pearl barley
3 1/4 c. vegetable broth
1/2 t. salt
1 bay leaf
1/4 c. red quinoa
5 to 6 small Shitake mushrooms

Wash and slice the mushrooms. Place all the ingredients in a saucepan. Bring the liquid to a boil. Reduce heat and cover. Cook for about 30 minutes or until the water has been absorbed and the barley is tender.

You may need to add a little extra water if the barley is not soft. Set aside in a warm place until ready to serve.



TRADITIONAL

Fish & Chips

Walk-up, Bike-up, Drive-up
to our Take-out Window

LIMITED COUNTER SEATING AVAILABLE

HOURS:

MONDAY-FRIDAY
11:00 TO 7:00

SATURDAY
11:00 TO 6:30



344-2371

PHONE-IN ORDERS
WELCOME

1545 WILLAMETTE
EUGENE



WHERE DO YOU GO

FOR CLASSIC ITALIAN/SICILIAN COOKING
WITH A LOVELY, LOCAL TWIST?

Organic and local produce. Products from our own farm.
A cuisine rich in tradition but combining all the flavors and sensibilities of a new age. You'll find an original Calzone alongside a Ravioli di Mare or Wild Salmon Soffritto.

Family owned and now celebrating 35 years of preparing the favorite foods of Papa Mazzi and our family.

See our Mural Makeover Italiano
We're at 3377 E. Amazon.
Call for takeout at 687-2252.

