



HOURS:

MONDAY-FRIDAY
11:00 TO 7:00

SATURDAY
11:00 TO 6:30



PHONE-IN ORDERS
WELCOME

**1545 WILLAMETTE
EUGENE**

TRADITIONAL

Fish & Chips

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

LIMITED COUNTER SEATING AVAILABLE



Breakfast • Lunch • Dinner

Nature's Corner Cafe & Market

Specializing in organic foods using the finest ingredients

- daily specials • salads • seafood • soups & sandwiches • deli
- bakery • espresso (Cafe Mam) • groceries • produce
- beer & wine available

OPEN 7-6:30 DAILY 7:30-3 SUNDAY

185 Hwy. 101 Florence (1 block north of bridge) • 997-0900



GROCERS,
WINE
MERCHANTS
& BOOKSELLERS

- Specialty, Gourmet & Organic Foods
- Fresh Organic Produce
- Bulk Foods, Herbs, Spices, Coffees & Teas
- Earth Friendly Cleaning Supplies and Paper Products
- Energy Bars and Nutritional Supplements
- Vitamins & Body Care Products



MON-SAT 9-8 • SUN 10-6

125 W. 11th Ave, DOWNTOWN EUGENE • 342-8666

CHOW! SUMMER 2007

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 weekends. 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 pm-7 pm Sa. V/MC/Debit. \$-\$\$.

NEW MORNING BAKERY
219 SW 2nd St. 754-0181.
Corvallis landmark for 25 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-10:30 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, fax 752-2316.
700 NE Circle Blvd., Suite 103. 753-7827, fax 753-6769.
Serving lunch and dinner: Sub sandwiches, fresh soups and salads made daily. Vegetarian entrées, catering available. Dine in or take-out. LG. 10 am-9 pm M-Sa, 10 am-8 pm Su. All major cards. \$.

SUNNYSIDE UP, INC.
116 NW 3rd St. 758-3353.
Organic coffee, loose leaf teas, soup, salads, sandwiches, wraps, baked goodies, all-day breakfast with organic eggs. Eclectic menu. Wheelchair accessible. Some OG/LG. 6 am-7 pm daily. MC/V. \$.

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. 754-7827.
2307 NW Kings Blvd. 758-1070.
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 am-7 pm Sa, closed Su. \$.

Chinese

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 pm 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 pm-10 pm Sa. V/MC. \$-\$\$.



Downtown nightlife gets another kick in the pants with the opening of the **Starlite Lounge** at 830 Olive (formerly Oregano's). This new joint from the owner of Luckey's focuses on Oregon beer (nine local taps) and spirits (a whole shelf of Oregon-made stuff) and serves a menu of organic pizza, calzones and more via Cozmic Pizza.

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 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/AE. \$.

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. MC/V. \$.

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 pm-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, (South store) NW 29th & Grant Ave. 452-3115. (North store)
First Alternative's commercial kitchen, Feast Alternative, offers organic (when possible) deli entrées, salads, sandwiches, two soups daily, and a salad bar and hot food bar at South Store. Grab & Go meals, baked goods at both stores. Meat, vegetarian and vegan options. Seating areas at both stores. Special orders gladly taken. Wheelchair accessible. OG/LG. South: 9 am-9 pm daily. North: 7 am-9 pm daily. All cards except AmEx. Mostly sold by weight. \$.

OLD WORLD DELI
341 SW 2nd St. 752-8549.
Serving breakfast and lunch. 8 am-10 pm M-Sa, 11 am-5 pm Su. MC/V. \$.

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. \$-\$\$\$.

Indian

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 pm-9:30 daily. V/MC. \$-\$\$\$.

International

CRYSTAL'S KING OF FALAFEL CUISINE & CAFE
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. \$.

LE BISTRO COUNTRY FRENCH CUISINE
150 SW Madison Ave. 754-6680.
Classic French cuisine in a comfortably refined atmosphere. Specializing in the sauces that make French cuisine famous. Hand selected wines at reasonable prices. Impeccable service and attention to detail. Your dining experience awaits. LG. 5:30 pm 'til close Tu-Sa. V/MC/AE/D. \$\$\$\$.

NOVAK'S HUNGARIAN RESTAURANT & CATERING
2306 Heritage Way SE, Albany. 967-9488.
Traditional Hungarian specialties: Chicken paprikas, kolbasz, cabbage rolls. Vegetarian entrées. 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. 11 am-2 pm (lunch) Tu-F, 5 pm-8:30 pm (dinner) Tu-Sa. \$.

RIVERVIEW MONGOLIAN GRILL
230 NW 1st St. 754-8402.
Pick your own vegetables, sauces and 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 riverfront. Food and drink specials 3 pm-5 pm. Wheelchair accessible. Some OG/LG. Serving dinner nightly at 5 pm, late night bar menu after 10 pm. Lunch 11:30 am-5 pm M-Sa. MC/V/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 pm-9 pm M-Sa. V/MC/DC/AE. \$\$\$.

Korean

YOUNG'S KITCHEN
2051 NW Monroe Ave. 757-1626.
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. 757-7221.
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 entrées, homemade desserts and breads. 11 am-midnight M-F, 5 pm-midnight Sa, 5 pm-9 pm Su. V/MC. \$-\$\$.

EL PRESIDENTE MEXICAN RESTAURANT AND CANTINA
1110 NE 2nd St. 752-1360.
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.