

Wheelchair accessible. 8 am-7 pm M-Sa, 9 am-7 pm Su. MC/V. \$.

#### MCKENZIE CAFÉ LLC

4265 Main St., Springfield. 747-1517. Breakfast or lunch all day. Omelettes, chicken-fried steak, biscuits and gravy, teddy bear pancakes, homemade muffins. Salads, hot and cold sandwiches, 11 burgers, fish and chips, homemade soups, fresh steamed veggies. French-fried ice cream (a McKenzie Café invention). Take-out. Some OG/LG. Wheelchair accessible. 8 am-1 pm W-Su. All major cards. No checks. \$\$.

#### MIDTOWN MARKETPLACE BISTRO

1591 Willamette St. 485-6268. Affordable breakfast and lunch served daily. Fresh daily specials, waffles, egg dishes, salads, soups, burgers, pizzettas and paninis. All major cards. \$-\$\$.

#### MILKY WAY TEA & BAGELS

854 E. 13th Ave. 683-7855. Breakfast, lunch, dinner: Fresh baked bagels all day. Breakfast bagels with ham, sausage and eggs. Bagel sandwiches with ham, turkey, Gardenburgers, smoked salmon, lox, vegetables, Toby's Tofu, Emerald Valley Hummus. Bubble tea, smoothies, espresso drinks. 7 am-9pm M-F, 9 am-8 pm Sa, 9 am-6 pm Su. V/MC. \$.

#### MUDDY PUDDLE CAFÉ

151 W. 7th Ave., Suite 105. 606-2683. Specialty and gourmet coffee, pastries, smoothies, sandwiches and fresh fruit. LG. 7 am-4 pm M-F. No cards. \$.

#### NEW DAY BAKERY

449 Blair Blvd. 345-1695. Serving breakfast, lunch, dinner: bakery items, 4-6 soups, salads (roasted eggplant, avocado, chef's), sandwiches, vegetarian entrées, seasonal specials. Take-out. Some OG/LG. Wheelchair accessible. 7 am-9 pm M-Th, 7 am-10 pm F & Sa, 8 am-9 pm Su. MC/V. \$-\$\$.

#### NOVELLA CAFÉ

100 W. 10th, inside the library. 683-7070. Serving Bagel Sphere bagels, pastries, espresso and granitas. Some OG. Wheelchair accessible. 7 am-8 pm M-F, 8 am-6 pm Sa, 10 am-6 pm Su. V. \$.

#### PARADISE CITY CAFÉ

861 Willamette St. 242-3315. Escape to paradise in a tropical atmosphere. Serving fresh salads, sandwiches, soups and rice bowls. Full espresso bar and exotic smoothies. Some OG/LG. 8 am-6 pm M-F, 10 am-4 pm Sa. All major cards. \$.

#### PARK STREET CAFÉ

776 W. Park St. 485-2089. Organic breakfast and lunch all day. Eggs, tempeh, French toast, specialty sandwiches, salads, daily ethnic entrées, homemade soups. Vegan and wheat-free baked goods. Special food needs and kids welcome. Locally owned and operated. Some OG/LG. Wheelchair accessible. 10:59 am-3:29 pm Tu-F, 8:29 am-2:59 pm Sa. MC/V/AE/DC. \$-\$\$.

#### PUMP CAFÉ

710 Main St., Springfield. 726-0622. Serving breakfast and lunch. Catering available. Standard breakfast and lunch menu featuring fresh baked pastries and homemade desserts. Fresh, homemade soups, salads, hot and cold sandwiches. Specialty breads. Daily specials. Take-out. Outside seating available. LG.

Wheelchair accessible. 7 am-4 pm M-F; 8 am-2 pm Sa. MC/V/AE. \$\$.

#### RENNIE'S LANDING

1214 Kincaid St. 687-0600. Across from UO. Serving breakfast, lunch, dinner: Chicken, fish, pasta and vegetarian specialties. Gourmet burgers including Gardenburgers and buffalo burgers. Salads and homemade soups. NW micros and full bar. Outdoor deck. Dinner specials daily. Minors welcomed until 3 pm. Wheelchair accessible. Breakfast begins 7:30 am M-F, 9 am Sa-Su. Extended breakfast hours Sa and Su. Food served until last call. MC/V/AE/D. \$.

#### SUPREME BEAN COFFEE COMPANY

See Continental

#### TERESE'S PLACE

650 Main St., Springfield. 747-1897. Serving breakfast, lunch: Omelettes, sandwiches, vegetarian entrées, 4 soups daily, salads, espresso. Table service for breakfast; order lunch at counter, servers bring. Take-out. Catering. 7 am-4 pm M-F. V/MC. \$.

#### WORLD CAFÉ

449 Blair Blvd. 345-1695. Food from around the world: fajitas, pizza, calzones, soups and salads. Live music. 4 pm-9 pm daily, open late F & Sa. MC/V. \$-\$\$.

## Chinese

#### CAFÉ SEOUL

See Korean

#### CHINA BLUE

879 E. 13th Ave. 343-2832. Serving lunch, dinner, Sunday Dim Sum Brunch: Northern Chinese, Indonesian; individually prepared dishes. Wine, beer. Reservations for larger parties. Catering for businesses. Take-out. 11 am-9:30 pm M-F, 4 pm-9:30 pm Sa, noon-9:30 pm Su. MC/V. \$-\$\$.

#### FAR MAN RESTAURANT

3111 Gateway Blvd., Springfield. 726-7311. Serving lunch, dinner: Buffet and full menu; Cantonese, Mandarin, Szechwan, American; vegetarian entrées. Wine, beer, full bar. Reservations on weekends for larger parties. Take-out. Wheelchair accessible. 11:30 am-10 pm M-Th, 11:30 am-11 pm F, noon-11 pm Sa, noon-10 pm Su. MC/V. \$-\$\$.

#### FORTUNE INN

1775 W. 6th Ave. 342-2616. Serving lunch, dinner: Fresh specials every day, traditional Chinese stir-fries, fresh Chinese vegetables, tofu and vegetarian entrées. Wide variety Oregon wines, beer (domestic and imported). Reservations for 10+. Take-out. 11 am-9:30 pm Tu-Th, 11 am-10 pm F, noon-10 pm Sa, noon-9:30 pm Su. MC/V/D. \$-\$\$.

#### GATEWAY CHINESE BUFFET

3198 Gateway St., Springfield. 726-2828. Lunch, dinner: Chinese buffet with 40 plus hot items: BBQ pork, fried shrimp, pot stickers, teriyaki chicken, salad bar, dessert. Banquet room. Take-out. Children's prices, senior discounts available. LG. Wheelchair accessible. 11 am-10 pm Su-Th, 11 am-10:30 pm F & Sa. All major cards. \$-\$\$.

#### GOLDEN ORIENT

2513 W. 11th Ave. 683-5469. Serving lunch, dinner: Chinese, American; fresh vegetables, no MSG. Wine, beer. Reservations for larger parties. Take-out. LG. Wheelchair accessible. 11 am-9:30 pm M-Th, 11 am-10:30 pm F, noon-9:30 pm Sa, closed Su. MC/V/AE. \$-\$\$.

#### GREAT WALL RESTAURANT

862 Main St., Springfield. 726-9133. Serving lunch, dinner: Cantonese, Szechwan, American; vegetarian dishes; no MSG on request; lunch specials daily. Wine, beer, cocktails. Take-out. 11 am-9:30 pm M-F, 3 pm-10 pm Sa & Su. MC/V. \$-\$\$.

#### HONG KONG RESTAURANT

1799 Willamette St. 342-7450. Serving lunch, dinner: Cantonese, American; sandwiches; vegetarian entrées. Wine, beer. Reservations for parties. Take-out. Some OG/LG. 11 am-9:30 pm M-Th, 11 am-10:30 pm F, 4-10:30 pm Sa. MC/V. \$-\$\$.

#### HOUSE OF CHEN

1861 Franklin Blvd. 343-8888. Serving lunch, dinner: Elegant dining. Szechwan, Mandarin, Cantonese; seafood, chicken, duck, pork, beef, vegetarian entrées. Wine, beer, cocktails. Reservations for larger parties. Take-out. No checks. Some OG/LG. 11 am-10 pm daily. All major cards. \$\$-\$\$\$.

#### HOUSE OF NOODLE

See Southeast Asian

#### JADE PALACE

906 W. 7th Ave. 344-9523. Now delivering. Serving daily lunch and dinner buffet with Thursday night vegetarian and Friday night seafood specials. Extended menu, no added MSG. Beer, wine, summertime outdoor garden dining. Take-out. 11 am-9 pm Tu-Th, 11 am-9:30 pm F, 5 pm-9:30 pm Sa, noon-9 pm Su. MC/V/D. \$.

#### KAM LOON RESTAURANT

2674 Roosevelt Blvd. 689-4770. Serving lunch, dinner: Cantonese, vegetarian entrées, no MSG on request. Wine, beer. Reservations for larger parties. Delivery. Take-out. LG. 11 am-9:30 pm M-Th, 11 am-10 pm F, noon-10 pm Sa. MC/V. \$-\$\$.

#### KOWLOON RESTAURANT

2222 MLK Blvd. 343-4734. Serving lunch, dinner: Special chow yuk, family dinners, vegetarian entrées. Wine, beer, microbrews, full bar. Delivery. Take-out. Some LG. Wheelchair accessible. Dining room 11:30 am-midnight, daily. Delivery 11:30 am-midnight Su-Th, 11:30 am-2 am F-Sa. MC/V/AE/D. \$-\$\$\$.

#### LOK YAUN

2360 W. 11th Ave. 345-7448. Serving lunch, dinner: Cantonese, chicken, beef, teriyaki steak, shrimp, vegetarian dishes, no MSG. Wine, beer. Take-out. 11 am-10 pm M-F, noon-10 pm Sa & Su. MC/V. \$-\$\$.

#### LOTUS GARDEN VEGETARIAN RESTAURANT

See Vegetarian

#### LOUIE'S VILLAGE

947 Franklin Blvd. 343-4480. Serving lunch, dinner: Authentic Chinese cuisine made with all fresh ingredients. Take-out. 11 am-10:30 pm M-

Th, 11 am-11 pm F, noon-11 pm Sa, 11:30-10 pm Su. \$-\$\$.

#### MAPLE GARDEN

1275 Alder St. 683-8128. Serving lunch, dinner: Mandarin, Szechwan, Cantonese: Lunch menu changes daily; Mandarin chicken, shrimp chow fun, variety of Chinese meals. Reservations for large groups. Take-out. 11 am-9 pm M-F, noon-9 pm Sa & Su. MC/V/AE/D. \$.

#### OCEAN SKY

1601 Chambers St. 342-4848. Serving lunch, dinner: Szechwan, Hunan; extensive menu; vegetarian entrées. Wine, beer. Reservations for 6+. Take-out. 11 am-9:30 pm M-Th (closed Tu), 11 am-10:30 pm F, noon-10:30 pm Sa, noon-9:30 pm Su. MC/V/D. \$-\$\$.

#### P. F. CHANG'S CHINA BISTRO

124 Coburg Rd. (Oakway Center). 225-2015.

#### SPRING GARDEN

215 Main St., Springfield. 747-0338. Serving lunch, dinner: Cantonese, Mandarin, American; vegetarian entrées. Service bar. Reservations for 8+. Separate smoking room. Take-out. Some OG. Wheelchair accessible. 11:30 am-10:30 pm M-Th, 11:30 am-11 pm F, 4-11 pm Sa, noon-10:30 pm Su. MC/V/AE. \$-\$\$.

#### TOM'S TEA HOUSE

788 W. 7th Ave. 343-8805. Chinese Hunan-Szechwan cooking. Everything made from scratch. Hot and spicy. Vegetarian entrées. Dim Sum. Beer. Take-out. 4:30-8 pm W-Su. \$.

#### TWIN DRAGONS

919 River Rd. 688-5481. Serving lunch, dinner: Cantonese, Szechwan, Chinese, American; vegetarian entrées, salads. Reservations for 8+.

Take-out. 11 am-9:30 pm M-Th, 11 am-10:30 pm F, noon-10:30 pm Sa, noon-9:30 pm Su. MC/V. \$-\$\$.

#### YAN GAR YUEN

1945 River Rd. 688-9229. Serving lunch, dinner: Mandarin, Cantonese. Delivery. Smoking area. Take-out. 11 am-10:30 pm, daily. MC/V. \$-\$\$.

## Coffeehouses

#### 20 EAST

20 E. Broadway. 343-0196. Full service restaurant and coffeehouse offering a variety of fresh fare, including whole non-filler deli meats completely free of additives, hormones and nitrates, and farm fresh pesticide-free produce. Featuring Stumptown coffee, beer, wine and more. 7 am-10 pm M-Sa, 8 am-8 pm Su. All major cards. \$.

## WINTER VEGETABLE TAGINE FROM IRAILA

There are tons of different kinds of tagines – and the name actually refers to the dish you cook it in. A tagine is like a casserole dish used in north African cooking, most commonly in Morocco. It consists of two pieces: a plate-like bottom and a conical shaped lid. The bottom doubles as a serving dish, which comes in handy for nomads, and the conical lid allows the steam to collect and drip back into the dish, infusing it with flavor.

We use a covered baking dish with a tight lid to achieve the same thing – you could also cover with parchment paper and then tinfoil (please don't let tinfoil touch food!).

This is a great way to kick up your boring root veggies.

4-6 carrots, peeled and sliced in 1/4" rounds  
6-8 garnet yams, peeled and cut in 1/3" thick 1" strips  
4-6 parsnips, peeled and cut in 1/4" rounds  
1/2 green cabbage, shredded (can use other 1/2 for garnish)  
Place in deep baking dish that has a tight lid and sprinkle with 1 tbsp. ground ginger and 1 tbsp. ground cinnamon.

Peel 4 onions and dice. Sauté in 1/3 cup extra virgin olive oil until translucent.

While onions cook, heat a pan; once it's hot add the following:  
1 1/2 tsp. cumin seeds,  
1 1/2 tsp. coriander seeds  
2 tsp. caraway seed

Shake until seeds start to release their aroma, then grind in a mortar and pestle or a coffee grinder. Add the ground seeds to onions along with 1 tsp. salt and pepper. Place onions on top of the vegetable mix and add 1 cup raisins.

Gently toss mixture together and add enough water or vegetable stock to come almost halfway up the mixture. Bake in a 375 degree oven. Check after 25 minutes and keep checking until vegetables are cooked, but not mush. Immediately add:  
1/3 cup lemon juice  
2/3 cup diced apricots  
3 tbsp. fresh mint in long slivers  
1 1/2 cup chopped almonds

Garnish with remaining cabbage and serve.



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