

word is...

The **Bite of Eugene**, which takes place in Alton Baker Park, is probably worth planning ahead for, don't you think? Scribble it on your calendars for August 15, and check www.biteofeugene.com for more details.

TRACK TOWN PIZZA

1809 Franklin Blvd. 284-8484.
2620 River Rd. 484-1912.
Serving lunch and dinner. Free delivery. Traditional to gourmet pizzas. Student specials. At Franklin: Lunch buffet 11 am-2 pm M-F, salad, wine, beer, microbrew, TV. Come try the honey wheat dough and rice cheese. LG. Franklin: 11 am-midnight Su-Th, 11 am-1 am F-Sa. River Rd.: 11 am-9:30 pm M-Th, 11 am-10:30 pm F-Sa, noon-9:30 pm Su. Some cards. \$.

Seafood

FISHERMAN'S MARKET

830 W. 7th Ave. 484-CRAB.
Specializing in fish and chips, seafood entrées, soups, fresh fish and you-bake entrées. Microbrews, wine. Dine in or take-out. Some OG. Wheelchair accessible. 11 am-8 pm daily. MC/V/AE. \$-\$\$.

GO FISH

296 E. 5th Ave. (5th St. Market).
Seafood supplied by Newman's prepared in open kitchen. Fish and chips, fish tacos, snapper on baguette, albacore tuna on brioche, Portuguese stew, clam chowder, two salads. Four microbrews on tap. 8:30 am-7 pm M-Sa, 10 am-6 pm Su. V/MC. \$-\$\$.

MCGRATH'S FISH HOUSE

1036 Valley River Way. 342-6404.
Serving lunch, dinner, Sunday brunch: Daily fresh seafood listing, wood-fired seafood, seafood specials, vegetarian entrées, salads. NW, California wines; beer, microbrews, full bar. Call ahead up to two hours for priority seating list. Some OG. Wheelchair accessible. 11 am-10 pm M-Th, 11 am-11 pm F-Sa, 10 am-10 pm Su. All major cards. \$\$-\$\$\$.

NEWMAN'S FISH COMPANY

1545 Willamette St. 344-2371.
Fish and chips to go: Halibut, cod, salmon, shrimp, scallops, chowder, chips, slaw and daily specials. Fresh fish daily since 1890. Counter service, outdoor seating and take-out. 11 am-7 pm M-F, 11 am-6:30 pm Sa. MC/V. \$.

NEWMAN'S FISH GROTTO

485 Coburg Road. 485-9292.
Fish and chips to go: Halibut, cod, salmon, shrimp, scallops, chowder, chips, slaw and daily specials. Grotto features an expanded menu including grilled specialties and sandwiches. Fresh fish daily since 1890. Counter service, outdoor seating and take-out. Open 11 am-7 pm daily, Fridays 'til 8 pm. MC/V. \$.

ROSE & THISTLE

398 E. 11th Ave. 343-2244.
Serving lunch, dinner: Fish and chips, shrimp, oysters, clam strips, veggie burgers, chowder (Fridays only), milkshakes, chicken strips, hushpuppies, cold sandwiches. Take-out. 11:30 am-7:30 pm M-Sa, noon-4 pm Su. MC/V/D. \$-\$\$.

Southeast Asian

AIYARA THAI CAFÉ

1010 Harlow Rd. Springfield. 736-8306.
www.aiyaratthaicafe.com
The affordable Thai cuisine. Dine in or take out. Wheelchair accessible. 11 am-9 pm M-F, noon-9 pm Sa. MC/V. \$-\$\$.

CHAO PRA YA THAI CUISINE

580 Adams St. 344-1706.
Real Thai-style, more than 100 items to choose from. Best of Eugene 2003-2006. Lunch 11 am-3 pm M-F. Dinner 4:30 pm-9 pm M-F, noon-9 pm Sa. Some cards. \$-\$\$.

KURAYA'S THAI CUISINE

1410 Mohawk Blvd., Springfield. 746-2951.
Serving lunch, dinner: ethnic Thai food. Wine, beer. Reservations for 6+. Take-out. 11 am-2:30 pm M-Sa, 5 pm-9 pm M-Th, 5 pm-10 pm F-Sa, 4:30 pm-9 pm Su. MC/V. \$\$.

MANOLA'S THAI CUISINE

652 E. Broadway. 342-6666. www.manol-asthai.com
Serving lunch and dinner. Papaya salad, pineapple curry with shrimp, mint leaf & basil stir-fry. Chef Phayao Tongrapipak brings 55 years experience and countless authentic, ethnic Thai recipes to Manola's. Some OG/LG. 11 am-9 pm M-Th, 11 am-10 pm F, noon-10 pm Sa, noon-9 pm Sun. MC/V/AE/Novus. \$\$.

MEKALA'S

1769 Franklin Blvd. 342-4872.
Serving lunch, dinner: Extensive menu with many vegetarian entrées, exotic salads. Wine, beer, microbrews, exotic drinks in the Mai Tai Lounge. Reservations on F-Sa. Take-out. Some OG. Wheelchair accessible. Restaurant: 11 am-9 pm M-Th, noon-10 pm Sa, 4 pm-9 pm Su. Lounge: 5-11 pm M-Th, 4 pm-midnight F & Sa, 4 pm-9 pm Su. MC/V. \$\$.

RING OF FIRE RESTAURANT & CATERING

See Pacific Rim

SWEET BASIL THAI CUISINE

941 Pearl St. 284-2944.
1219 Alder St. (Sweet Basil Express)
Sweet Basil Thai Cuisine offers the elegant side of Thai food. Wheelchair accessible. 10 am-3 pm daily, 5 pm-9 pm Su-Th, 5 pm-10 pm F & Sa. MC/V/AE/D/DC. \$-\$\$\$.

★ Best Thai, Second Place

TA RA RIN THAI CUISINE

1200 Oak St. 343-1230.
Come and try our mother's homemade recipes, the taste that you admire and are familiar with, in a relaxing atmosphere with friendly staff and affordable prices. Serving a fine selection of beer and wine. Make our kitchen your kitchen! Some OG. Wheelchair accessible. 11 am-3 pm and 4:30 pm-10 pm M-F, noon-10 pm Sa & Su. All major cards. \$-\$\$.

★ Best Thai

TASTY THAI CAMPUS

1308 Hilyard St. 343-0165.
Express service: Rice bowls, Thai wraps, bubble tea, beer and wine. Vegetarian and vegan friendly. Delivery. 11 am-9:30 pm daily. MC/V/D. \$\$.

TASTY THAI KITCHEN

80 E. 29th Ave. 302-6444.
Serving breakfast, lunch and dinner. Exotic Thai cuisine with weekly lunch and dinner specials. Vegan and vegetarian entrées. Wine, cocktails, beer, smoothies and bubble tea. Take-out and delivery. Wheelchair accessible. 11 am-9:30 pm M-F, 9:30 am-9:30 pm Sa-Su. MC/V/D. \$\$.

VIETNAMESE RESTAURANT

2355 W. 11th Ave. 684-8060.
Beef noodle soup and other traditional Vietnamese dishes. 11 am-9:30 pm M-Th, 11 am-10:30 F-Su. Some cards. \$-\$\$.

YI SHEN VIETNAMESE RESTAURANT

1915 W. 11th Ave. 683-9386.
Serving lunch, dinner: Vietnamese cuisine including beef noodle soup, spiced salads, chicken, pork, tofu and rice dishes. Vegetarian entrées. Take-out. 11 am-7 pm Su-Th & Th, 11 am-8 pm F-Sa. MC/V. \$.

Steak

BATES STEAKHOUSE & SALOON

433 E. Broadway. 683-3108.
Featuring choice and prime grade cuts of ribeye, prime rib, filet mignon, porterhouses and sirloin, with a wide selection of seafood and chicken. All dinners are four courses with black beans, salsa and soup, salad, spuds and rice and a float or liqueur. Early bird and bar menu under \$10. Some LG. 5 pm-close daily. \$-\$\$\$.

BOULEVARD GRILL, THE

See Continental

CENTENNIAL STEAKHOUSE

1220 Mohawk Blvd., Springfield. 988-1324.
Serving lunch, dinner: Charbroiled steak, chicken, seafood, salads, vegetarian entrées. Daily lunch and dinner specials. Full bar. Beer, microbrews. Take-out. Lunch 11 am-3 pm M-F. Dinner 5 pm-10 pm daily. MC/V. \$-\$\$.

COUNTRYSIDE BAR & GRILL

4740 Main St., Springfield. 744-1549.
Steaks, burgers, friendly staff, live entertainment four nights a week. Some LG. 11 am-2:30 am daily. MC/V/D. \$.

ORIGINAL ROADHOUSE GRILL

3018 Gateway St., Springfield. 746-6000.
Lunch, dinner. USDA choice steak, ribs, chops and chicken. Grilled salmon and shrimp. Specialty: Texas egg rolls served with jalapeño jelly. Full bar. Patio dining. Take-out. LG. 11 am-10 pm Su-Th, 11 am-11 pm F-Sa. All cards. \$\$\$.

OUTBACK STEAKHOUSE, INC.

3463 Hutton St., Springfield. 746-7700.
Serving dinner: High quality, uniquely seasoned steaks, prime rib, chops, ribs, chicken, seafood and pasta. Full bar. Kids' menu. Smoking section available. 4 pm-10 pm M-Th, 4 pm-11 pm F, 3 pm-11 pm Sa, 1 pm-9 pm Su. All major cards. \$\$-\$\$\$.

PEABODY'S PUB

444 E. 3rd Ave. 484-2927.
Neighborhood bar and restaurant with affordable food, \$7 entrées, nifty fireplace, big screen TV, outdoor deck. LG. Wheelchair accessible. 11:30 am to closing M-Sa. MC/V/AE. \$-\$\$.

RIVER RANCH STEAKHOUSE

2123 Franklin Blvd. 686-2020.
Serving lunch, dinner: Salads, soup, steaks, seafood, authentic southern BBQ. Vegetarian entrées and weekly chef's specials. LG. 11:30 am-9 pm M-Th, 11:30 am-10 pm F, 4 pm-10 pm Sa, 4 pm-9 pm Su. MC/V/AE. \$\$\$.

Sweets

BASKIN-ROBBINS ICE CREAM

2540 Willamette St. 484-1861.
45 Division St. 607-6889.
1131 Mohawk Blvd., Springfield. 747-3997.
Serving 48 flavors of ice cream, as well as cakes, sundaes, smoothies and shakes. Wheelchair accessible. Willamette: 10 am-11 pm through Sept. 13 (summer hours). Division St. and Mohawk Blvd.: 11 am-10 pm daily. \$.

COLD STONE CREAMERY

112 Oakway Center. 338-4244.
Enjoy fresh-made premium ice cream customized with your choice of fruits, nuts, candies and toppings served in an entertaining and fun atmosphere. Cakes and pies also available. Gift certificates. Wheelchair accessible. 11 am-9 pm Su-Th, 11 am-10 pm F & Sa. MC/V. \$-\$\$.

DOUGH CO., THE

See Italian

EUPHORIA CHOCOLATE COMPANY

17th and Willamette. 343-9223.
Valley River Center. 343-3995.
Stewart and Bertelsen. 344-4605.
Oakway Center. 343-0407.
www.euphoriachocolate.com
Serving European-style specialty chocolates. Willamette: 10 am-6 pm M-F, 10 am-5 pm Sa-Su. VRC: 10 am-9 pm M-Sa, 11 am-6 pm Su. Stewart: 10 am-6 pm M-F, 11 am-5 pm Sa. Oakway: 10 am-7 pm M-Sa, 11 am-6 pm Su. \$.

LAGO BLU GELATO

2780 Shadow View Dr. 868-2022.
www.lagoblugelato.com
Eugene's only gelateria! Featuring 36 flavors of artisan gelato (Italian ice cream) and sorbetto (Italian fruit ices), full espresso bar and cold drinks, homemade fudge, decadent pastries and desserts. 11 am-10 pm M-Sa, noon-9 pm Su. V/MC. \$.

NIB DESSERT & WINE BAR

769 Monroe St. 485-1269.
Gourmet desserts featuring unique flavors and artistic compositions. Artisan cheeses served as desserts using local produce. Wine selection includes more than seven daily glass pours. Some OG/LG. 6 pm-11 pm W & Th, 6 pm-1 am F & Sa, weekend brunch 11 am-3 pm. All major cards. \$.

PRINCE PÜCKLER'S

1605 E. 19th Ave. 344-4418.
Serving locally-made ice cream since 1975. Shakes, sundaes, ice cream pies, coffee drinks, espresso shakes and more. LG. Noon-11 pm daily. All cards. \$.

SWEET LIFE PÂTISSERIE

See Bakeries

Vegetarian

CAFÉ YUMM

See Northwest

GOVINDA'S VEGETARIAN BUFFET

1030 River Rd. 461-0093.
Serving lunch, dinner: "All You Care to Eat" buffet (85 percent vegan and gluten free) includes salad bar, nourishing hot foods, homemade breads and desserts. Student, senior and child discounts. Take-out \$4.99/lb. Some OG. 11:30 am-2 pm and 5 pm-8:30 pm M-Sa. MC/V/AE. \$.

★ Best All-You-Can-Eat Buffet, Third Place

HOLY COW CAFÉ

1222 E. 13th Ave. (EMU, UO). 346-2562.
Organic vegetarian food from around the world. Hot bar with curries, dhal, pasta, seasonal veggies, falafel, pad Thai, soba noodles, Thai tofu. Two soups daily. Salad bar. Organic smoothies, chai, Café Mam. Grab-and-go items. Take-out. Catering. OG/LG. Wheelchair accessible. 10 am-7 pm M-Th, 10 am-3 pm F. All major cards. \$.

IVY'S COOKIN'

485-4200.
www.ivyscookin.com
ivy@efn.org
Delectable home cooked international vegetarian entrées delivered Thursdays since 1992! Healthy, affordable, convenient alternative to eating out. Excellent gift idea (new mom, illness, new home, holiday) or for casual entertaining. Gift certificates available. Call or e-mail Ivy for a menu. Some OG/LG. Wheelchair accessible. Order by Mon. night for pickup Wed., or Thurs. delivery. Cash, check or COD. \$-\$\$.

LAUGHING PLANET

760 Blair Blvd. 868-0668.
Burritos, bowls and beyond, including international wraps (aka "portable nutrition devices"), rice bowls, soups, salads, vegan and vegetarian options, as well as raw juices and smoothies. 11 am-10 pm daily. \$.

★ Best Vegetarian Options

LOTOS GARDEN VEGETARIAN RESTAURANT

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

★ Best Vegetarian Options, Third Place

★ Best Asian

MORNING GLORY CAFÉ

450 Willamette St. 687-0709.
Vegetarian and vegan restaurant: French toast, biscuits and gravy, eggs and Glory potatoes, tempeh sandwiches, stir-fries, salads, fresh-squeezed juices, Café Mam organic shadegrown coffee and espresso. Kid friendly, take-out. Weekly organic specials. Some OG/LG. Wheelchair accessible. 7:30 am-3:30 pm daily, breakfast all day, lunch 11 am. Some cards. \$-\$\$.

NEW ODYSSEY JUICE & JAVA

See Coffeehouses

RATATOUILLE

1530 Willamette St. 344-0203.
www.ratatouillebistro.com
Northwest organic vegetarian cuisine. Seasonal menu made with fresh, local ingredients. \$7.95 daily lunch specials. Organic wine and nonalcoholic beverages. Catering available. OG/LG. 11 am-2 pm and 5 pm-10 pm M-F, 5 pm-10 pm Sa. MC/V/D. \$-\$\$\$.

Corvallis & Other Surrounding Areas

American

BONANZA DRIVE-UP

505 Pacific Hwy. S., Cottage Grove. 541-942-4188
Serving 2 lb. hamburgers for more than 40 years. Soft serve ice cream and milkshakes served in tins. Daily homemade specials. Walk back in time. 10 am-10 pm M-Th, 10 am-midnight F & Sa, 11 am-8 pm Su. All major cards. \$.

CALAPOOIA BREWING CO.

140 Hill St. NE, Albany. 541-740-6339.
www.calapooiabrewing.com
Mid-valley's premier craft brewery, with 15 handcrafted beers on tap and what they say are the best burgers in town. Located on Albany's waterfront. Live local music three nights a week. Vegetarian entrées. 11:30 am-10 pm M-W, 11:30 am-12:30 am Th-Sa, 1 pm-9 pm Su. Kitchen closes about an hour earlier each night. MC/V. \$\$.

CLOUD9 BISTRO & BAR

126 SW 1st, Corvallis. 541-753-9900
Located in the heart of the downtown Corvallis waterfront park, Cloud9 specializes in using fresh, local ingredients to create handmade, slow-cooked comfort foods – what they call "handmade American fare." Mac & cheese won 2008 Alchemist Award for Corvallis' best entrée. Vegetarian entrées, handcrafted house cocktails. Reservations recommended. Some OG/LG. 5 pm-9 pm M-Th, 5 pm-10 pm F & Sa. All major cards. \$\$-\$\$\$.

DARRELL'S RESTAURANT & LOUNGE

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

DOWNWARD DOG

130 SW First, Corvallis. 541-753-9900.
Located in the heart of the downtown Corvallis waterfront park. A cozy local watering hole specializing in handcrafted cocktails, combined with handmade, slow-cooked comfort food and local microbrews. Vegetarian entrées. Some OG/LG. 4 pm-1 am M-Th, 4 pm-2 am F & Sa. All major cards. \$-\$\$.

DRIFT INN, THE

124 Hwy. 101, Yachats. 541-547-4477.

MURPHY'S RESTAURANT & LOUNGE

2740 SW 3rd St., Corvallis. 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. \$.



TODD COOPER

Procedure:

Place eggs in a deep pot and cover them with 2 inches of cool water. Bring to boil for 1 to 2 minutes then remove from heat and cover pot, allowing the eggs to continue cooking off the heat for 10 minutes. Gently place in ice water to shrink egg away from shell. Peel right away and quarter for presentation.

Set generous pot of water to boil. Blanch beans and any other vegetables that need blanching (only take the rigidity out, the final cooking will happen later on the grill). Shock blanched veggies in cold water right away for 3 to 5 minutes to avoid overcooking. Glaze veggies with garlic oil and sprinkle with salt and pepper, then grill over medium heat until lightly browned or grill marked.

Boil halved potatoes until tender.

Grill albacore tuna rare. Glaze the whole loin with garlic oil and sprinkle with salt and pepper. Place on hot grill. Sear the exterior quickly and mark on all sides with grill surface. Slice albacore across the loin in a thickness somewhere between 1/4- and 1/2-inch. (Well-done alternative: pre-slice loin into one inch-thick pieces, place on medium grill.)

Assembly:

Toss greens with enough dressing to coat. Place on oversized platter. Toss grilled veggies and potatoes with enough dressing to coat. Place around the greens. Place quartered eggs as garnish to the side. Top the dish with grilled albacore. Finish with olives, fresh herbs, capers and, if you were daring enough, the boccarones.