

Italian

AMBROSIA RESTAURANT & BAR

174 E. Broadway. 342-4141.
Serving lunch, dinner: Regional Italian cuisine, fish specials, wood-burning pizza oven, calzones, pastas, vegetarian entrées, salads. Extensive wine list, beer, 7 microbrews, full bar. Reservations. Take-out, banquets, warm atmosphere with antique decor. Some OG/LG. Wheelchair accessible. 11:30 am-10 pm M-Th, 11:30 am-11:00 pm F-Sa, 4:30-10 pm Su. MC/V. \$\$-\$\$\$.

★ *Best Italian, Third Place*

BEPPE & GIANNI'S TRATTORIA

1646 E. 19th Ave. 683-6661.
Serving dinner: Variety of homemade pastas: Ravioli, lasagna, linguini, spaghetti. Seafood, salads. Wine, microbrews. Take-out: 5-10 pm daily. MC/V. \$\$-\$\$\$.

★ *Best Italian*

COUNTRYSIDE PIZZA & GRILL

See American

DOUGH CO., THE

1337 Hilyard St. 485-7459.
www.doughco.com
Bakery-style kitchen serving 31 kinds of calzones and warm cookies. Everything \$6.25 or less. Delivery until 3 am. 11 am-3 am daily. MC/V/AE/D. \$.

EXCELSIOR INN, RESTAURANT & LOUNGE

754 E. 13th Ave. 342-6963.
Serving breakfast, lunch, dinner. Pacific Northwest and northern Italian menu with local ingredients. Homemade pastas, fresh seafood, organic meats, produce from Excelsior Farm, desserts. Wine, beer, microbrews, full bar. Outdoor patios, private seating and meeting space available. Some OG/LG. Wheelchair accessible. Breakfast 7 am-10 am. Lunch 11:30 am-2 pm. Dinner 5 pm-10 pm daily. Bistro/Lounge open until 11 pm daily. All major cards. \$\$-\$\$\$\$.

IZZY'S PIZZA & BUFFET

See Pizza

LA PERLA

See Pizza

MAZZI'S ITALIAN FOOD

3377 E. Amazon Dr. 687-2252.
www.mazzis.com
Family owned, preparing the Italian-Sicilian favorites of Papa and Mama Mazzi. Local products and organic produce from Mazzi's farm. Serving new and old favorites in a comfortable, relaxed setting. Northwest and Italian wines, microbrews, imported beer. Outdoor seating. Dine in or take out. Some OG/LG. Wheelchair accessible. Dinner from 5 pm daily. MC/V/AE. \$\$.

★ *Best Italian, Second Place*

NOLI ITALIAN CAFÉ

296 E. 5th Ave. (5th St. Market). 686-9199.
Serving lunch, dinner: Original Italian food based on Ligurian cuisine. Homemade sauce, dressing and pasta. Family-oriented restaurant. Vegetarian entrées. Some OG/LG. 11 am-7 pm M-Sa, 11 am-6 pm Su. All major cards. \$\$.

OLIVE GARDEN

1077 Valley River Dr. 349-8929.
Serving Italian lunches, dinners, vegetarian entrées, wine, beer, microbrew, full bar. Take-out: 11 am-10 pm Su-Th, 11 am-11 pm F-Sa. MC/V/AE/DC. \$-\$\$.

OSTERIA SFIZIO

105 Oakway Center. 302-3000. sfizioeugene.com
Serving lunch, dinner and weekend brunch: Italian regional cuisine, prepared using high quality local ingredients. Full bar. Patio seating. 11:30 am-close daily, brunch 11:30 am-2:30 pm Sa & Su. \$\$-\$\$\$\$.

★ *Best New Restaurant*

Japanese

CAFÉ ARI RANG

See Korean

IZAKAYA MEIJI COMPANY

345 Van Buren. 505-8804.
Japanese style tavern serving small plates, noodles, cocktails, sake, desserts and more. 5 pm-close. \$\$.

★ *Best New Restaurant, Second Place*

IZUMI SUSHI & GRILL

2773 Shadow View Drive. 683-1201.
Serving lunch, dinner: Sushi bar, full sushi menu, sashimi, rolls, grill menu, tempura, noodles, variety of tapas, traditional and fusion dishes. 11:30 am-2:30 pm and 5 pm-10 pm M-F, 5 pm-10 pm Sa, 5 pm-9 pm Su. All major cards. \$\$-\$\$\$\$.

★ *Best Sushi, Third Place*

MISO

686 E. 13th Ave. 434-1001.

SUSHI DOMO

1020 Green Acres Rd. 343-0935.
2835 Oak St.
Sushi, yaki soba, nigiri, vegetarian selections and more. Private dining room available. Wheelchair accessible. Lunch 11 am-2 pm M-F. Dinner 4:30 pm-10 pm M-Sa. Oak St.: 10 am - close M-Sa. Some cards. \$-\$\$\$.

★ *Best Sushi*

SUSHI PURE

296 E. 5th Ave. (5th St. Market) 654-0608.
Serving lunch, dinner: Fresh sushi, traditional and modern, with housemade special sauce on 15+ rolls. Sashimi, nigiri, fusion rolls, udon, don-buri, teriyaki, etc. Full bar, sake bar, Japanese beer and wines. Closed Sundays. All major cards. \$-\$\$\$\$.

SUSHI STATION

199 E. 5th Ave. #7. 484-1334.
Sushi on conveyor, made-to-order chef's special rolls, teriyaki, tempura, katsu, yakisoba and udon noodle soup and more. 11:30 am-2:30 pm and 5 pm-10 pm M-F, 5 pm-10 pm Sa. All major cards. \$\$-\$\$\$\$.

★ *Best Sushi, Second Place*

SUSHI YA

5 E. 8th Ave. 686-3464.
Serving lunch and dinner weekdays, dinners only on weekends. Sushi, Japanese and Korean cuisines. Daily sushi and kitchen specials. Wheelchair accessible. Noon-2 pm M-F, 5 pm-10 pm nightly. MC/V/D. \$\$-\$\$\$\$.

TOSHI'S RAMEN

1520 Pearl St. 683-7833
Serving lunch and dinner. Shoyu, miso and shio noodles. Gyoza, fried rice, stir-fry, teriyaki chicken, cold noodles, cold ramen salad. Vegetarian entrées. Take-out. LG. Lunch 11 am-3 pm M-Sa. Dinner 5 pm-9 pm M-Sa. Closed every third Sa of the month. V/MC. \$-\$\$.

★ *Best Asian That's Not Sushi or Thai*

Korean

BRAILS RESTAURANT

See Cafés

CAFÉ ARI RANG

485 E. Broadway. 302-4542.
Conveniently located downtown on Broadway and Franklin. Sunday is Family Outing Day. 11 am-9 pm Su-F.

CAFÉ SEOUL

1930 Franklin Blvd. 687-2122.
Serving lunch and dinner. Offering authentic, traditional Korean meals with Japanese and Chinese dishes. Lots of vegetarian selections, lunch specials, take-out. Wheelchair accessible. 11 am-9 pm M-F, noon-9 pm Sa. MC/V. \$-\$\$.

KOREA HOUSE

1306 Hilyard St. 345-9555.
Serving lunch, dinner: Traditional Korean dishes with some Japanese food. Steamed rice, soup and kimchee with some meals. Vegetarian entrées. Take-out. 11 am-8 pm M-F. MC/V. \$-\$\$.

NOODLE BOWL

860 Pearl St.
Serving authentic Korean food and pan-fried noodle dishes. 11 am-9 pm.

★ *Best Asian That's Not Sushi or Thai, Third Place*

SUSHI YA

See Japanese

Latin American & Caribbean

EL JARRO AZUL

See Mexican

JOHNNY OCEAN'S GRILLE

114 Oakway Center. 342-7994.
Serving lunch and dinner in a Caribbean atmosphere. Appetizers, steaks, hamburgers, chicken, halibut, ahi, salmon, shrimp, sandwiches, including veggie sandwich, fries, salads, pad Thai, curry sauté, halibut fish tacos. All food prepared with trans fat-free olive oil. Shakes, beer and wine. Take-out. Outside seating. Some OG/LG. 11 am-9 pm M-Sa, 11:30 am-7 pm Su. MC/V. \$\$-\$\$\$\$.

LA OFICINA

1491 Willamette St. 338-4621.
Treat yourself and your taste buds to a culinary

journey south of the border. Serving a unique mixture of Latin American and Caribbean cuisine. Seafood, vegetarian and vegan options available. Full bar featuring a large selection of tequilas and hand-shaken cocktails with Latino flair. Patio dining available. Lunch 11:30 am-2:30 pm M-F. Dinner 5 pm-9 pm M-Th, 5 pm-10 pm F & Sa. MC/V/D. \$\$.

RED AGAVE

454 Willamette St. 683-2206.
www.redagave.net
Traditional recipes & modern flair from Latin America featuring local, organic foods presented in an intimate bistro setting. Craft, fresh-fruit cocktails and fabulous wines from around the Latin world. Cantina Menu of affordable dishes available anytime at the bar. Vegetarian options available. Family-style menu option (three course, fixed price) and a new drink menu coming soon. Some OG/LG. Wheelchair accessible. 5 pm-late M-Sa. MC/V/AE. \$\$\$.

★ *Best Mexican/Latin American, Second Place*

SUNSET ISLAND CAFÉ

1050 Greenacres Rd.

TACO LOCO

900 W. 7th Ave. 683-9171.
Featuring a unique mixture of Latin American and Caribbean dishes steeped in tradition. Vegetarian and vegan friendly. Full bar specializing in margaritas and cocktails made from all natural juices. A large selection of tequilas available. Wheelchair accessible. Lunch 11:30 am-2:30 pm M-F. Dinner 4:30 pm-close M-F. 11:30-close Sa. MC/V/D, no checks. \$\$.

Mediterranean

ALBEE'S N.Y. GYROS

391 W. 11th Ave. 344-0010.
Falafel or beef/lamb mixed meat gyros, \$6 with whatever you want: lettuce, tomatoes, onion, black olives, feta, pepperoncini, tzatziki sauce. N.Y. dogs available here, too: \$4 with whatever you want. Also serving baklava and spanakopita. 11 am-10 pm M-Sa. No cards. \$.

CAFÉ GLENDI

296 E. 5th Ave. (5th St. Market). 485-3391.
Serving lunch, dinner: Tasty selections of Greek/Mediterranean dishes including moussaka, chicken and lamb souvlaki, spanakopita and fresh salmon as well as vegetarian dishes. Phone orders. Take-out. Catering. Some OG/LG. Wheelchair accessible. 11 am-7 pm M-Sa, 11 am-6 pm Su. MC/V. \$-\$\$.

CAFÉ MAROC

28 E. Broadway. 344-6948.
cafemarocueugene.com
Serving the colorful and bold cuisines of North Africa. Primary focus on local, seasonal and sustainable meats, seafood and vegetables. Weekly specials and vegetarian options. Full bar. Belly dancing most nights. Reservations for 6 or more recommended. Wheelchair accessible. 5 pm-10 pm Tu-Sa. MC/V/AE. \$\$-\$\$\$\$.

CAFÉ SORIAH

384 W. 13th Ave. 342-4410.
Serving lunch, dinner: Mediterranean, international and Northwest cuisine. Lamb, chicken, seafood, vegetarian specialties, salads. Wine, beer, microbrews, full bar. Reservations. Take-out. Some OG/LG. Wheelchair accessible. 11 am-2 pm M-F, 5 pm-10 pm Su-Th, 5 pm-11 pm F-Sa. MC/V/AE. \$\$\$\$.

★ *Best Restaurant, Third Place*
★ *Best Mediterranean, Second Place*
★ *Best Place to Eat When You're Not Paying, Second Place*

CASABLANCA MIDDLE EASTERN RESTAURANT

296 E. 5th Ave. (5th St. Market). 342-3885.
Serving lunch, dinner: Vegetarian, chicken and lamb dishes from the Middle East. Counter service. Take-out. Some OG/LG. Wheelchair accessible. 10 am-6 pm daily. V/MC. \$\$.

CASPIAN MEDITERRANEAN RESTAURANT

863 E. 13th Ave. 683-7800.
Serving breakfast, lunch and dinner all day: Roasted eggplant dishes, falafel, gyros, feta salad, burritos, Philly steak, taco salad, vegan soup and more vegetarian entrées. Take-out. Wheelchair accessible. 8 am-8:30 pm Su-Th, 8 am-2:30 am F & Sa. MC/V/D. \$.

★ *Best Mediterranean, Third Place*

GREEK PARADISE

65 Division Ave., Suite M. 684-5000.
Greek, Mediterranean and American dishes. Gyros, falafel, shish kabobs, chicken kabobs, Greek salad, breakfast served all day. Lunch and



PHOTO BY VANESSA SALVIA

Roasted Acorn Squash and Poblano Stew

FROM HOLY DONUTS

Yes, donuts are an indulgence, but at Holy Donuts you can get a healthier cake donut (fried in coconut or palm oil and double drained) as well as savory treats, soups and sandwiches. "We serve donuts so I want our other food to be really clean and healthy," says owner Karen Nunley-Gross. "We want to eat certain treats in life, so I like to save up for that and eat clean food the rest of the time."

Nunley-Gross keeps vegan chili with vegan cornbread on the menu every day. All soups come with a big slab of cornbread, or you can try a hot sandwich like tuna melt or grilled cheese. Many menu items, like this stew, are gluten free and vegan. Top your bowl with toasted pumpkin seeds (and/or sour cream, if you prefer). "I like squash because it's so versatile," she says. "I buy a bunch of it in the fall. It stores well, and I use it all winter. I bake it or freeze it and pull it out when I need it."

2 acorn squash
a little olive oil for rubbing and sauteing
1 medium onion, diced
2 celery stalks, diced
3 carrots, diced
3 or 4 roasted or grilled poblano chilies, diced
2 tsp. coriander
1 tsp. cumin
1/4 tsp. smoked chipotle pepper
sea salt and pepper to taste
1 clove minced garlic
2 quarts vegetable stock
5 small Russet potatoes, peeled and diced
toasted pumpkin seeds for garnish

Prepare squash
Slice in half, scoop out seeds. Rub olive oil on cut sides and sprinkle with sea salt. Place cut side down on a parchment-lined baking sheet and bake 30 to 40 minutes or until tender. Let sit 5 minutes, then peel and scoop flesh out.

Saute the onion, celery and carrots in a little oil until tender. Add the chilies, coriander, cumin, chipotle, salt and pepper, and garlic and cook a few minutes more, until fragrant. Add the stock, potatoes and prepared squash. Simmer 20 to 25 minutes on low heat.

Puree with an immersion blender and serve.

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