



PHOTO BY VANESSA SALVIA

Chopped Summer Salad

MAKES 2 1/2 CUPS

Wondering how to use up your abundance of summer vegetables? Chopped salads-slash-relishes are forgiving and versatile, and with the addition of a hot pepper or two, adds heat without turning on anything in the kitchen.

These kinds of dishes traditionally accompany Indian food, but their bold flavors stand up to all grilled meats and most any kind of picnic food. The great thing is you can use whatever produce you have on hand. Green pepper instead of cucumber? Red pepper instead of tomato? No problem. Got a yellow onion rather than a red one? Or parsley instead of cilantro? Chop away. Heck, if you have enough lime juice, you can even omit the yogurt. Shown here with homemade naan bread. —Vanessa Salvia

1/2 c. thinly sliced red onion
1 seeded plum tomato, diced
1 seeded, peeled cucumber, diced
1 c. chopped cilantro leaves (1 packed cup before chopping)

1/2 seeded habanero pepper, finely diced
2 T. fresh lime juice
1 T. plain yogurt
1/2 tsp. salt
1/8 tsp freshly ground black pepper

Mix together chopped vegetables. Toss with lime juice. In a separate bowl mix together yogurt, salt and pepper (to taste). Combine yogurt dressing with the vegetables and mix. Serve immediately.

etables, 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. \$\$-\$\$\$.

JADE PALACE
906 W. 7th Ave. 344-9523.
Now delivering. Serving lunch and dinner buffet with Thursday night vegetarian and Friday night seafood specials. Extended menu, no added MSG. Beer, wine, 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 pm M-Th, 11 am-9:30 pm F, 4 pm-9:30 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.
Experience a unique combination of Chinese cuisine, attentive service, wine and tempting desserts, all served in a stylish, high-energy bistro.

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

ALLANN BROS. BEANERY COFFEEHOUSE

152 W. 5th Ave. 342-3378.
2465 Hilyard St. 344-0221.
Serving Allann Bros coffee and espresso, deli and grilled panini sandwiches, fresh entrées, pastries and desserts. Whole bean coffee, loose leaf premium tea, coffee/tea accessories. "Joe Box" coffee/tea to go and catering available. Wheelchair accessible. 5th St.: 6am-11 pm M-Sa, 7am-11 pm Su. Hilyard: 6am-8:30 pm M-Sa, 7 am-8:30 pm Su. All major cards. \$.

BEDROCKS ORGANIC COFFEE
460 Coburg Road. 844-1257.
www.bedrockorganic.com.
Serving organic and fair trade coffee and espresso, Sweet Life pastries, smoothies and more. Thirty minutes of free Wi-Fi. Drive through. OG. 6 am-8 pm M-W, 6 am-9 pm Th-Sa, 7 am-8 pm Su. \$.

ESPRESSO ROMA
825 E. 13th Ave. 484-0878.
Muffins, croissants, espresso. Take-out. 6 am-9:30 pm M-F, 7 am-8:30 pm Sa-Su. No cards. \$.

EUGENE COFFEE COMPANY
1840 Chambers St. 344-0002.
Always organic, fair trade coffee. Café Mam coffee, locally made pastries, doughnuts, quiche. Twelve-ounce house coffee 50 cents from 3 pm-5 pm. 7 am-6 pm daily. \$.

FULL CITY COFFEE ROASTERS
295 E. 13th Ave. 465-9270.
842 Pearl St. 344-0475.
Coffeehouse for adults. Premium coffees by the cup and pound. Some OG/LG. Wheelchair accessible. Pearl St.: 5:30 am-6 pm M-F, 6:30 am-6 pm Sa, 7 am-5 pm, Su. High St.: 6 am-6 pm M-F, 7 am-6 pm Sa & Su. Some cards. \$.

★ Best Coffee, Third Place
GARY'S COFFEE
525 High St.
Serving Stumptown coffee, tea, juices, pastries and bagels. 6:30 am-6 pm M-F, 7:30 am-5 pm Sa, 8 am-4 pm Su. \$.

MY COFFEE
3802 W. 11th Ave. 683-3164.
Organic coffees and local pastries. Organic loose leaf teas, ice cream espresso shakes, real fruit smoothies. 6 am-6 pm M-F, 1 am-5 pm Sa, 8 am-5 pm Su. MC/V/D. \$.

NEW ODYSSEY JUICE & JAVA
1004 Willamette St. 484-7411.
Serving breakfast and lunch: Fresh, made-to-order smoothies, twice-baked potatoes, soups, salads, sandwiches, quiche, summer menu with raw food entrées. Café Mam espresso, all organic coffees and juices. Fresh wheatgrass shots. Take-out. Some OG/LG. Wheelchair accessible. 7:30 am-6 pm M-F, 9 am-5 pm Sa, 10 am-5 pm Su. All major cards. \$.

PERK AND PLAY COFFEEHOUSE
2866 Crescent Ave. 579-1300.
Hand-crafted quality espresso served with a playful attitude in a relaxed, comfy environment. Well-trained baristas who create latte art. Locally roasted organic coffee. Located one block north of Costco. 6 am-5 pm M-F, 7 am-noon Sa. \$.

PERUGINO
767 Willamette St. 687-9102.
An Italian-style coffeehouse serving espresso drinks, a variety of fine pastries, wine by the glass and to go and European and domestic microbrew beers. Now carrying Euphoria Chocolates. Some OG/LG. Wheelchair accessible. 8 am-8 pm M-W, 8 am-10 pm Th, 8 am-11 pm F & Sa, 10 am-4 pm Su. All major cards. \$.

THEO'S COFFEEHOUSE AT THE STRAND
199 W. 8th Ave. 344-6491.
Serving breakfast, lunch: Full City coffee and espresso, pastries, chocolates, oatmeal, croissant breakfast sandwiches, rice bowls and more. 6 am-9 pm M-F, 9 am-9 pm Sa, 9 am-1 pm Su. V/ MC/D. \$.

VECTORS ESPRESSO
2866 Crescent Ave. 579-1300.
Hand-crafted quality espresso served with a playful attitude in a relaxed, comfy environment. Well-trained baristas who create latte art/ Locally roasted organic coffee. Located one block north of Costco. 6 am-5 pm M-F, 7 am-noon Sa & Su. \$.

VERO ESPRESSO HOUSE
205 E. 14th Ave. 654-0504.
Serving Stumptown coffee and espresso, fruit smoothies and premium loose leaf teas. Pastry items, breakfast and lunch available. Wi-Fi. LG. Wheelchair accessible. 7 am-7 pm daily. MC/V. \$.

WANDERING GOAT COFFEE CO.
268 Madison. 344-5161.
www.wanderinggoat.com.
Dedicated to bringing fresh perspectives to traditional craft roasting and committed to sourcing, roasting and serving the highest quality sustainable coffees. Café is a music and art venue serving fresh organic pastries and food with organic beer and wine selections. 7 am-11 pm M-W, 7 am-midnight Th & F, 8 am-midnight Sa, 8 am-10 pm Su. MC/V. \$.

★ Best Coffee

Continental

BELLY
291 E. 5th Ave. 683-5896.
Rustic European farmhouse food. Some OG/LG. 5:30 pm-9 pm Tu-Th, 5:30 pm-10 pm F & Sa. MC/V. \$-\$\$\$\$.

★ Best Restaurant
★ Best Place to Take Carnivores
★ Best Service
★ Best Place to Eat When You're Not Paying, Third Place

BOULEVARD GRILL, THE
2123 Franklin Blvd. 686-2020.
www.theboulevardeugene.com
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