

Vegetarian

CAFÉ YUMM

See Northwest

GOVINDA'S VEGETARIAN BUFFET

1030 River Rd. 461-0093.

www.govindasbuffet.com

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 pm M-Sa. MC/V/AE. \$.

HOLY COW CAFÉ

1222 E. 13th Ave. (EMU, UO). 346-2562.

2621 Willamette St.

Mostly vegetarian food from around the world, though now also offering at new Willamette location a variety of "flexivore" options for folks who occasionally eat locally produced, organic and environmentally friendly meat in smaller portions. 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 Place to Eat With Kids

★ Best Cheap Date, Second Place

★ Best Place to Take Vegetarians, Second Place

LOTUS GARDEN VEGETARIAN RESTAURANT

810 Charnellton 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 Asian That's Not Sushi or Thai, Second Place

MORNING GLORY CAFE

See Cafes

NEW ODYSSEY JUICE & JAVA

See Coffeehouses

VIVA! VEGETARIAN GRILL

See Food Carts

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-9 pm M-Th, 10 am-10 pm 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 hand-crafted 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. \$\$.

CLOUD 9 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. \$-\$\$.

EMERALD VALLEY GOLF CLUB

FRONTTRIVER RESTAURANT

83301 Dale Kuni Rd., Creswell. 895-2174.

Serving breakfast, lunch, dinner. Down-home comfort food bistro with from-scratch cooking, organic fair trade coffee. Catered events, daily specials, full bar, take-out. Outdoor summer seating and monthly international dinners. Banquet facilities available. 7 am-7 pm Su-M, 7 am-9 pm Tu-F. All major cards. \$-\$\$.

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. \$\$.

RESERVOIR DAWGS

51745 Blue River Dr., Blue River. 541-822-9820.

reservoir-dawgs.com

Serving more than a dozen different dogs, from basic all-beef dogs to specialty dogs such as the Louisiana Hot Slaw Sausage Dawg to the Reservoir Dawg, a Polish sausage topped with fried beef, honey ham and onions. Breakfast menu includes biscuits and gravy, muffins, breakfast burritos and more. 6 am-7 pm W-F, 7 am-7 pm Sa & Su. \$-\$\$.

SQUIRREL'S TAVERN

100 SW 2nd, Corvallis. 753-8057.

Serving lunch and dinner, full bar. 11:30 am-1 am M-Th, 11 am-1:30 am Sa, 5 pm-midnight Su. No cards. \$-\$\$.

TOMMY'S 4TH STREET BAR & GRILL

350 SW 4th St., Corvallis. 754-7622.

Serving great breakfast, lunch and dinner. Full bar and lounge open late on weekends. Some OG/LG. Smoking. 6 am-1 am daily. All major cards. \$-\$\$\$.

Bakeries

BACKSTAGE BAKERY & CAFÉ

25 S. 7th, Cottage Grove. 541-767-0233.

Backstage to the Axe & Fiddle pub and connected to Kalapuya Books in the historic Burkholder Woods Building. Usually some vegetarian entrées. Salad specials. Some OG/LG. 6 am-3 pm M-W & F-Sa, 6 am-6 pm Th. No cards. \$\$.

FLEUR DE LIS PATISserie & CAFÉ

616 E. Main St., Cottage Grove. 541-767-0700.

Authentic French patisserie with sweet and savory croissants, quiche, desserts, gourmet sandwiches, homemade French onion soup and more – all made by a Frenchman. 7 am-3 pm Tu-Sa, 9 am-2 pm Su.

NEW MORNING BAKERY

See Cafes

TAYLOR STREET OVENS

1025 NW 9th St., Corvallis. 757-0166.

Serving bagels, coffee drinks and more. 7 am-7 pm M-F, 7 am-2 pm Sa. All major cards. \$.

Barbecue

BIG STUFF BBQ

733 E. Main St., Cottage Grove. 541-942-3999.

Serving lunch, dinner: Authentic, slow-smoked BBQ with choice of brisket, pork shoulder, chicken, ham, hot links and ribs and choice of homemade side dishes. Family-friendly atmosphere. Catering for 40-400 people. 11 am-8 pm Tu-Sa. MC/V. \$-\$\$\$.

PINK HOUSE, THE

1408 E. Main St., Cottage Grove. 541-942-0533

Eclectic dining with BBQ, deli, hamburgers and hand-cut French fries. Espresso and Umpqua ice cream. Salads and local menu items. Yes, it is in a pink house! 7 am-9 pm M-Th, 7 am-10 pm F, 8 am-10 pm Sa, 9 am-9 pm Su. All major cards. \$-\$\$.



PHOTO BY VANESSA SALVIA

Grilled Zucchini Bruschetta

FROM FIELD TO TABLE

Field to Table co-owner Nicole Peltz shared this recipe for grilled zucchini bruschetta (broo-skay-ta). Her partner, Corey Wisun, created this take on bruschetta that she says is flavorful but unusual, and which has been quite popular at the events where they've sold it. "With all of the green, it just tastes and looks really fresh, like spring and summer," she says. "And everyone knows that at the end of the season we have more zucchini than we know what to do with!"

Field To Table sells only food made with locally sourced, organic ingredients, prepared ultra-seasonally. Find Field To Table at the Tuesday, Thursday and Saturday downtown Eugene farmers markets, as well as all of the summer festivals around the area.

6 medium zucchini
1 bunch fennel fronds
1/4 bunch mint
1/4 bunch parsley
1 bulb green garlic

1 bunch spinach
1 bunch basil
olive oil
balsamic vinegar
Fern's Edge Aged Goat Cheese
Semolina Bread
Salt and pepper to taste

Cut zucchini and green garlic in half length-wise. Brush with olive oil, season with salt and pepper and grill until tender. Set aside to cool.

Finely mince fennel fronds, mint and parsley. Cut zucchini and green garlic into a small dice, toss with herb mix and season to taste.

Blend together spinach and basil and slowly drizzle olive oil to make a pesto paste (season to taste).

Grill slices of semolina bread, spread on pesto, top with zucchini mix and finish with a drizzle of balsamic vinegar and shaved goat cheese (season to taste).

"FEED YOUR CRAVINGS!"

BATES

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