



PHOTO BY TRASK BEDORTHA

Fruit Smoothie

FROM SWEET LIFE

1 glass chopped frozen fruit
1/2 glass apple juice, milk or soy milk

Fill a glass to the brim with frozen fruit, then fill it the rest of the way with the liquid of choice. Purée the contents for a fruit smoothie for one.

lunch and dinner menu. 11 am-9 pm M-F, 11 am-7 pm Sa, closed Su. \$.

Chinese

BLUE SKY CHINESE RESTAURANT

1585 SW 53rd St., Corvallis. 752-7528.
Serving lunch and dinner, lunch specials daily. Wheelchair accessible. 11:30 am-9:30 pm M-Th, 11:30 am-10 pm F-Sa, noon-9:30 pm Su. AE/MC/V/DC. \$-\$\$.

CHINA BLUE RESTAURANT

2307 NW 9th St., Corvallis. 757-8088.
Serving lunch and dinner. 11:30 am-10 pm Su-F, 4 pm-10 pm Sa. V/MC. \$-\$\$.

CHINA DELIGHT

325 NW 2nd St., Corvallis. 753-3753.
Serving lunch and dinner, specializing in Szechwan, Mandarin, traditional Chinese and vegetarian cuisine. Some OG. 11 am-9 pm Su-Th, 11 am-10 pm F & Sa. All major cards. \$\$.

JADE GARDEN

503 SW 3rd St., Corvallis. 752-7455.
Lunch, dinner, orders to go, banquet facilities, lounge. 11 am-9:30 pm Su-Th, 11 am-10:30 pm F & Sa. V/MC. \$\$.

KIM HOA'S KITCHEN

1875 NW Circle Blvd., Corvallis. 754-9751.
Serving lunch and dinner. 11 am-9 pm M-F. V/MC. \$\$.

KING TIN

1857 NW 9th St., Corvallis. 752-1722.
Serving lunch and dinner. 11 am-9:30 pm daily. V/MC. \$\$.

PANDA EXPRESS

Oregon State University, Corvallis. 737-6888.
Serving lunch and dinner, Chinese cuisine for students and those on the go. 10 am-8 pm M-F, 11 am-7 pm Sa & Su. No cards. \$.

PING'S GARDEN

1209 9th Ave., Albany. 967-7367.
Serving lunch and dinner. 11 am-10 pm daily. V/MC. \$-\$\$.

Coffeehouses

BEANERY, THE

948 NW Circle Blvd., Corvallis. 754-5916.
2541 NW Monroe Ave., Corvallis. 757-0828.
500 SW 2nd, Corvallis. 753-7442.
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. Catering available. Wheelchair accessible. Circle Blvd.: 6 am-6 pm M-F, 7 am-6 pm Sa, 8 am-5 pm Su. Monroe St.: 6 am-5:30 pm M-F, 7 am-2 pm Sa, 8 am-2 pm Su. 2nd St.: 6 am-11 pm daily. All major cards. \$.

INTERZONE

1563 NW Monroe, Corvallis. 754-5965.
Fresh pastries every morning, all-vegetarian soups, casseroles, vegan options. All-natural Monin Syrups, organic coffee and dairy. Serving breakfast weekends, huevos rancheros, tofu scrambles, omelettes and breakfast burritos. OG/

LG. 7 am-10 pm M-F, 8 am-10 pm Sa & Su summer hours, open until midnight during the school year. MC/V. \$.

MAPLETON CAFFEINATION STATION

10786 Hwy. 126, Mapleton. 541-268-1995.
A walk-in coffee shop selling organic coffee and espresso from Café Mam. House-made baked goods are made with only natural and fresh ingredients, and no hydrogenated oils. House roasted, ground and triple-filtered chai. Free wi-fi; covered deck overlooks the Siuslaw. Some OG. 7 am-6 pm Th-M, 7 am-noon Tu. MC/V/D.

TRAILHEAD COFFEEHOUSE

47406 Hwy. 58, Oakridge. 541-782-2223.
Serving breakfast, lunch, dinner: scrambles, crepes, sandwiches, wraps, burgers, pasta and more. Outdoor seating and free wi-fi.

Continental

CAFÉ SHEILAGH

1043 Hwy. 99 N, Cottage Grove. 541-942-5510
Offering gourmet breakfast and lunch with cocktail, wine and beer service. Pastries and organic coffee. Brunch menu on Sundays includes special omelettes, various eggs benedicts, smoked salmon cassalette and much more! Dinner Friday and Saturday from 5 pm-9:30 pm and by reservation other evenings. Catering and private party bookings available. 8 am-2:30 pm Tu-Sa, 5 pm-9:30 pm F & Sa. MC/V/DC. \$-\$\$\$\$.

Delis

FIRST ALTERNATIVE CO-OP

1007 SE 3rd St., Corvallis. 753-3115. (South store) NW 29th & Grant Ave., Corvallis. 452-3115. (North store) First Alternative's commercial kitchen, Feast Alternative, offers a mostly organic hot bar and salad bar, deli entrées and made-to-order sandwiches at the South Store. Pre-packaged Grab & Go meals, two soups daily and baked goods offered at both stores. Meat, vegetarian and vegan options. Seating areas at both stores. Wheelchair accessible. OG/LG. South: 9 am-9 pm daily. North: 7 am-9 pm daily. All cards except AmEx. Mostly sold by weight. \$\$.

OLD WORLD DELI

341 SW 2nd St., Corvallis. 752-8549.
Serving breakfast and lunch. 8 am-10 pm M-Sa, 11 am-5 pm Su. MC/V. \$.

WINE DEPOT & DELI

300 2nd Ave. SW, Albany. 967-9499. Fax 987-9454.
Sandwiches, soups, salads, desserts at the Two Rivers Market. Wine by the glass. 9 am-8 pm M-F, 9 am-5:30 pm Sa, noon-5 pm Su. All major cards. \$-\$\$\$.

Food Carts

PREM ROSE EDIBLES

Corvallis Winter Market, Benton County Fairgrounds.
Organic, fair trade chocolates and organic rose petal jam. Specials, events and sales posted at twitter.com/premroseedibles 9 am-1 pm Sa.

Indian

EVERGREEN INDIAN RESTAURANT

136 SW 3rd St., Corvallis. 754-7944.
Serving lunch and dinner, traditional Indian dishes. Lunch: 11:30 am-2:30 pm, dinner 5 pm-9:30 daily. V/MC. \$\$-\$\$\$.

NIRVANA

1945 NW 9th, Corvallis. 541-738-0487.
Wheelchair accessible. Some OG/LG.

International

CRYSTAL'S KING OF FALAFEL CUISINE & CAFE

1425 NW Monroe Ave. #E, Corvallis. 752-6403.
Mediterranean specialties: falafel, gyros, chicken & meat. Wheelchair accessible. Some OG. 9 am-8:30 pm daily. V/MC. \$.

LE BISTRO COUNTRY FRENCH CUISINE

150 SW Madison Ave., Corvallis. 754-6680.
Classic French cuisine in a comfortably refined atmosphere. Specializing in the sauces that make French cuisine famous. Hand selected wines at reasonable prices. Impeccable service and attention to detail. Your dining experience awaits. LG. 5:30 pm 'til close Tu-Sa. V/MC/AE/D. \$\$\$\$.

NOVAK'S HUNGARIAN RESTAURANT & CATERING

2306 Heritage Way SE, Albany. 967-9488.
Traditional Hungarian specialties: Chicken paprikas, kolbasz, cabbage rolls. Vegetarian entrées. In-house bakery. Novak's also offers catering for events and special occasions. Wheelchair accessible. LG. 6:30 am-9 pm daily. MC/V/AE/D. \$\$.

OASIS RESTAURANT

2315 NW Kings Blvd., Corvallis. 541-754-1850.
Lebanese cuisine. 11 am-2 pm (lunch) Tu-F, 5 pm-8:30 pm (dinner) Tu-Sa, 5 pm-8:15 pm M. \$\$\$.

RIVERVIEW MONGOLIAN GRILL

230 NW 1st St., Corvallis. 754-8402.
Pick your own vegetables, sauces and meats, prepared before your eyes. 11 am-8 pm Su-Th, 11 am-9 pm F & Sa. V/MC. \$\$.

Italian

IOVINO'S RISTORANTE & CATERING

136 SW Washington Ave., Ste. 102, Corvallis. 738-9015
Italian cuisine using the freshest ingredients of the Northwest. Casual dining in an "uptown" atmosphere on the Corvallis riverfront. Food and drink specials 3 pm-5 pm. Wheelchair accessible. Some OG/LG. Serving dinner starting at 5 pm Tu-Sa. MC/V/AE. \$\$\$.

IZZY'S PIZZA BAR & CLASSIC BUFFET

2475 NW 9th, Corvallis. 757-1156
Serving lunch and dinner, family friendly atmosphere. 11 am-9 pm Su-Th, 11 am-10 pm F & Sa. V/MC. \$\$.

TERZO

151 NW Monroe, Corvallis. 541-752-1120.
www.terzocorvallis.com
West Coast Italian cuisine from the owners of Le Bistro and Aqua. Full bar, lounge, small plates, Italian wines, kids' menu and more. Reservations recommended. 4:30 pm-close Tu-Sa. \$-\$\$\$.

Japanese

AOMATSU JAPANESE RESTAURANT

122 NW 3rd St., Corvallis. 752-1410.
Full sushi bar, lively atmosphere. Friendly sushi chefs entertain you. Lunch, dinner and lots of specials. Noodles, tempura, BBQ, teriyaki and more. Lunch: 11:30 am-2:30 pm M-F. Dinner: 5 pm-9 pm M-Sa. V/MC/DC/AE. \$\$\$.

Korean

YOUNG'S KITCHEN

2051 NW Monroe Ave., Corvallis. 757-1626.
Korean and Japanese. Sushi, udon, teriyaki ribs, yakisoba. Take-out. 10:30 am-9 pm M-Sa. \$-\$\$.

Mexican

BOMBS AWAY CAFÉ

2527 NW Monroe Ave., Corvallis. 757-7221.
Traditional recipes, fresh ingredients, all made right here. A family atmosphere in our front room with full wait service in our lounge. We specialize in natural meats and vegetarian fare, seafood and shellfish entrées, homemade desserts and breads. 11 am-midnight M-F, 5 pm-midnight Sa, 5 pm-9 pm Su. V/MC. \$-\$\$.

EL PARAISO

3015 Row River Road, Cottage Grove. 541-942-5688.
Mexican cuisine and full service bar. Some LG. 11 am-9:30 pm Su-Th, 11 am-10 pm F & Sa. V/MC/D/AE. \$\$.

EL PRESIDENTE MEXICAN RESTAURANT AND CANTINA

1110 NE 2nd St., Corvallis. 752-1360.
Serving lunch and dinner, traditional Mexican food, full bar. 11 am-2 am daily. V/MC/AE. \$\$.

EL SOL DE MEXICO

1597 NW 9th St., Corvallis. 752-9299.
Lunch and dinner, beer, wine and cocktails. Parties up to 30 people, food to go. 11 am-10 pm Su-Th, 11 am-11 pm F & Sa. V/MC/DC/AE. \$-\$\$.

EL TAPATIO RESTAURANT

1845 NW Circle Blvd., Corvallis. 758-1735.
Serving lunch daily and dinner on Fridays and Saturdays. 11 am-10 pm Su-Th, 11 am-11 pm F & Sa. V/MC/AE/DC. \$\$.

LOS AROS MEXICAN GRILL

2309 NW Kings Blvd., Corvallis. 754-1230.
Serving lunch and dinner. 11 am-8 pm Sa-Th, 11 am-9 pm F. Some cards. \$\$.

QDOBA

2001 NW Monroe Ave. #105, Corvallis. 757-2800.
Not just big burritos. Big flavors. Open for breakfast. Wheelchair accessible. LG. 8 am-10 pm M-W, 8 am-1 am Th-Sa, 8 am-9 pm Su. V/MC/AE/D. \$.

RIGOBERTO'S

360 NW 5th St., Corvallis. 752-2422.
Breakfast, lunch and dinner, Mexican and American favorites. Open 24 hours a day, every day. V/MC. \$-\$\$\$.

SANCHO'S MEXICAN GRILL

1425 NW Monroe, Corvallis. 752-2500.
Sancho's specializes in homestyle Mexican cuisine prepared daily in an atmosphere both festive and intimate. Salsa music plays nightly in this low-lit, cozy nook. Quality food, mellow mood. Outside balcony. Full bar selection featuring imported Mexican tequilas and beers. Aribal 11 am-1 am M-Sa. MC/V/AE. \$.

SEÑOR SAM'S MEXICAN GRILL & CANTINA

140 NW 3rd St., Corvallis. 754-7448.
All food prepared fresh daily, with custom built healthy meals. Fresh salsa bar. 11 am-8:30 pm daily. All major cards. \$.

TACO DEL MAR

1915 NW 9th St., Corvallis. 738-0540
The fast, fresh and fun alternative to traditional Mexican food, serving mondo burritos and rip-pin' fish tacos with a friendly, relaxed Baja style. Wheelchair accessible. 10:30 am-10 pm M-Sa. 11 am-9 pm Su. MC/V. \$.

TACOS URUAPAN

1813 SE 3rd St., Corvallis. 752-5380.
Authentic Mexican cuisine. 11 am-8 pm M-Th, 11 am-9 pm F-Sa, noon-8 pm Su. V/MC/DC/D. \$\$.

Microbrew

BLOCK 15 RESTAURANT & BREWERY

300 SW Jefferson Ave., Corvallis. 541-758-2077.
Local brewpub featuring more than 10 house-brewed beers. Dishes made with local and regional ingredients including Painted Hills Natural Beef and Carlton Farms Natural Pork. Some OG. 11 am-11 pm Su-W, 11 am-1 am Th-Sa. MC/V/AE/D. \$\$.

CALAPOOIA BREWING CO.

See American
420 NW 3rd St., Corvallis. 758-6044.
Oregon's favorite brewpub chain. Hearty sandwiches, soups and salads. 11 am-1 am M-Sa, noon-midnight Su. V/MC/AE/D. \$-\$\$.

WYATT'S EATERY & BREWHOUSE

211 1st Ave NW, Albany. 917-3727.
24 beers on tap, full bar. Lunch and dinner menu. Burgers, pasta, seafood, steak and wraps. 11 am-8:30 pm M-Th, 7 am-10:30 pm F & Sa. MC/V/AE/D.

Saturday Market

Made by Hand • Close to Home

PIZZA

STRAWBERRY LEMONADE

CHEESECAKE

DOS TACOS

CREPES

TOFU TIA

FISH 'N' CHIPS

CHICKEN CURRY

TERIYAKI SANDWICH

ICE CREAM SANDWICH

WONTONS

Pad Thai

Shish Kabob

Burritos

17 Food Booths

Gourmet SMOOTHIE

103 Menu Items • 414 Years of Experience

Where Eugene Loves to Lunch!

Local Crafts • Great Food • Live Entertainment

Every Saturday • 10 am - 5 pm • Rain or Shine • 8th & Oak

www.eugen Saturdaymarket.org

UNIQUE EUGENE

September 17th, 5-8pm,
First Alternative South Co-op

HARVEST Hoedown

« A FOODRAISER for South Corvallis Food Bank »

FUN FOR THE FAMILY!

- Pie eating contest
- Tasty samples from local vendors
- Free Preserving & Baking Classes
- Potato Dig for Cool Prizes
- Willamette Valley Olde Tyme Musicians

FMI: www.firstalt.coop

First Alternative
NATURAL FOODS CO-OP

SOUTH CORVALLIS
1007 SE 3rd St
(541)753-3115
7-9 Daily

NORTH CORVALLIS
NW 29th & Grant
(541)452-3115
7-9 Daily

PIE! PIE!
PIE! PIE!