

served 9 am Sa, 11:30 am-8:30 pm Tu-Fr, 12:30-8:30 pm Su. All major cards accepted. \$.

OFF THE HOOK BBQ

750 A. Chambers St. 543-0117
Slow-smoked pulled pork, ribs, tri-tip made fresh daily, coleslaw, potato salad, smoked mac, barbecue beans, special items daily. Also offers meats by the pound and gluten-free items. 11 am-7 pm M-Sa. MC/V. \$\$.
★ **Best BBQ**

PAPA'S SOUL FOOD KITCHEN & BLUES JOINT

400 Blair Blvd. 342-7500
Sandwiches, soup, daily specials. Soul food. BBQ ribs, BBQ chicken, Jerk chicken, pulled pork, mac-n-cheese, fried catfish, collard greens, red beans & rice. Some OG/LG. Noon-2 pm and 5 pm-10 pm Tu-Th, 5 pm-midnight F & Sa. Cards accepted. \$-\$\$.

★ **Best Place to Take Carnivores, Second Place**

THE SMOKEHOUSE SOUTHERN BBQ

1239 Alder St. 343-2568. oksbbq.com
A true Southern barbecue joint where the meats are smoked on site using only local hardwood and every menu item is made from scratch. Serving barbecue sandwiches and plates, smoked meats and sides. Organic ingredients include field greens. Catering also provided for large groups and events. 11 am-8 pm M-F, noon-8 pm Sa. D/V/AE/MC. \$-\$\$.

Burgers

BILLY MAC'S

See American

BURGER LOVERS

1466 West 7th Ave.

BURGERS ON THE RUN

195 Madison Ave. 520-4826
Mobile diner serving beef and vegetarian gourmet burgers, free-range chicken, steak and turkey sandwiches, fries and more. Some of their ingredients are certifiably organic, they say, and they use local produce. 10:30 am-3 pm M-F. No cards. \$.

COUNTRYSIDE BAR & GRILL

See Steak

DICKIE JO'S

201 E. 13th Ave. 636-4488.
1079-C Valley River Way.
www.djburgers.com
Serving lunch, dinner: burgers, fries, Chicago-style hot dogs, shakes. 11 am-9 pm daily. \$-\$\$.

★ **Best Burger, Second Place**

GIANT BURGER

3760 Main St., Springfield. 747-3399
Serving breakfast, lunch and dinner: Hand-pressed patties, local extra-lean beef. New burger varieties, real ice cream and milkshakes served in old-fashioned tin mugs. New five-pound burger and Bitty Burgers. Beer. Fresh-cut fries and onion rings. Some OG. Wheelchair accessible. 10 am-10 pm M-Sa, 11 am-8 pm Su. MC/V/AE. \$-\$\$.

LITTLE BIG BURGER

1404 Orchard St. 357-4771
littleburger.com
Burgers made with 1/4 lb. Cascade Natural Beef, local brioche buns, local cheeses, organic veggies and Comden's catsup, everything is compostable and/or recyclable. 11 am-10 pm daily. All major cards. \$.

MC MENAMIN'S EAST 19TH STREET CAFE

See Microbrew

MC MENAMIN'S HIGH STREET BREWERY & CAFE

See Microbrew

Cafes

BAGEL SPHERE

810 Willamette St. 341-1335
4089 W. 11th Ave.
Serving breakfast, lunch. Twenty-one varieties of boiled and baked bagels. Breakfast bagels, bagel sandwiches, vegetarian spreads, vegetarian entrées, soup, espresso. All natural ingredients in bagels. Take-out. Some OG. Wheelchair accessible. Springfield: 6 am-6pm M-F, 7 am-7 pm Sa, 8 am-7 pm Su. Willamette: 7 am-6 pm M-F, 8 am-5 pm Sa, 9 am-4 pm Su. V. \$.

BRAILS RESTAURANT

1689 Willamette St. 343-1542.
Serving breakfast, lunch: Daily specials, vegetarian entrées, salads, generous portions. Reservations for 10-25. Wheelchair accessible. 7 am-3 pm daily and 5 pm-9 pm M-Sa. MC/V. \$-\$\$.

★ **Best Hangover Breakfast**

CAFÉ SIENA

853 E. 13th Ave. 344-0300.
Serving breakfast, lunch: Huevos rancheros, scrambled eggs, potatoes, chilaquiles, egg and cheese omelettes with your choice of mushrooms, spinach, tomato, ham or onions. Espresso. Take-out. 8 am-7 pm M-F, 9 am-4 pm Sa & Su. No cards. \$.

CORNERSTONE CAFÉ

2729 Shadow View Drive. 515-6452.
Fresh, local, specializing in artisan sandwiches. Serving espresso, pastries, soups, sandwiches and breakfast all day. Call-in and take-out orders available. Some OG/LG. 6 am-5 pm M-Sa, 7 am-5 pm Su. \$\$.
★ **Best Burger & Brew Special**

CORNUCOPIA

17th & Lincoln. 485-2300.
Serving full breakfast, lunch and dinner: Homemade soups and salads, much more. Take-out. Indoor and outdoor seating. Extensive menu. Large selection of beer and wine. Local flavor. Some OG/LG. Wheelchair accessible. 8 am-10 pm daily. All major cards. \$-\$\$.

★ **Best Burger & Brew Special**

FRIENDLY STREET CAFÉ

2757 Friendly St. 343-3460.
All organic breakfast, lunch and dinner. South American and Italian food. OG/LG. Wheelchair accessible. 8 am-8 pm M-Sa, 9 am-3 pm Su. MC/V. \$-\$\$.

GLENWOOD RESTAURANTS, INC.

1340 Alder St. 687-0355.
2588 Willamette St. 687-8201.
Serving breakfast, lunch, dinner: Espresso, deserts; soups, pastas, salads, burgers, ethnic foods, some vegetarian. Reservations for private parties. Take-out. Some OG. Alder: 7 am-9 pm daily. Willamette: 6:30 am-9 pm M-F, 7 am-9 pm Sa-Su. Cash, all cards. \$-\$\$.

★ **Best Hangover Breakfast, Second Place**

HAWTHORNE'S CAFÉ & DELI

153 E. Broadway. 683-0738.
Serving custom roasted coffee and espresso, lunch, dinner: Deli items, soups, sandwiches, bagels, daily specials, vegetarian items, baked goods, salads. Beer, microbrews, wine. Take-out. Wheelchair accessible. 7 am-6 pm M-F, 9 am-5 pm Sa, closed Su. \$.

HOLY COW CAFÉ

See Vegetarian

HOLY DONUTS

See Bakeries

KEYSTONE CAFÉ

395 W. 5th Ave. 342-2075.
keystonecafe.com
Serving vegans, vegetarians and meat lovers. Breakfast all day every day; lunch at 11 am M-F. Naturally nested eggs and wheat-free sauces. Pancakes, omelettes, homefries, chilis, soups and burgers. Wandering Goat coffee, fresh squeezed juices, local beers and wine. Some OG/LG. 7 am-3 pm daily. \$\$.
★ **Best Hangover Breakfast, Second Place**

MCKENZIE CAFÉ LLC

4265 Main St., Springfield. 747-1517.
Breakfast or lunch all day. Omelettes, chicken-fried steak, biscuits and gravy, teddy bear pancakes, homemade muffins. Salads, hot and cold sandwiches, 11 burgers, fish and chips, homemade soups, fresh steamed veggies. French-fried ice cream (a McKenzie Café invention). Take-out. Some OG/LG. Wheelchair accessible. 8 am-2 pm W-Su. All major cards. \$\$.
★ **Best Hangover Breakfast, Second Place**

MILKY WAY TEA & BAGELS

854 E. 13th Ave. 683-7855.
Breakfast, lunch, dinner: Fresh baked bagels all day. Breakfast bagels with ham, sausage and eggs. Bagel sandwiches with ham, turkey, Gardenburgers, smoked salmon, to, vegetables, Toby's Tofu, Emerald Valley Hummus. Bubble tea, smoothies, espresso drinks. 7 am-9pm M-F, 9 am-8 pm Sa, 9 am-6 pm Su. V/MC. \$.

MORNING GLORY CAFÉ

450 Willamette St. 915-9989
Breakfast and lunch café serving fresh and organic ingredients featuring vegetarian and vegan options, including waffles, biscuits and gravy, French toast, egg and vegan omelets, sandwiches, salads, soup, fresh-squeezed juice and smoothies. Monthly specials. Full coffee bar, all breads baked daily featuring vegan pastries, wheat-, gluten- and sugar-free options. Breakfast served all day, lunch starts at 11 am. Wheelchair accessible. 7:30 am-3:30 pm daily. D/V/MC. Checks/cash accepted. \$-\$\$.

NEW DAY BAKERY

449 Blair Blvd. 345-1695.
Serving breakfast, lunch, dinner: bakery items, 4-6 soups, salads (roasted eggplant, avocado, chef's), sandwiches, vegetarian entrées, seasonal specials. Take-out. Some OG/LG. Wheelchair accessible. 7 am-9 pm M-Th, 7 am-10 pm F & Sa, 8 am-9 pm Su. MC/V. \$-\$\$.

NOVELLA CAFÉ

100 W. 10th, inside the library. 683-7070.
Serving Bagel Sphere bagels, pastries, espresso and granitas. Some OG. Wheelchair accessible. 7 am-8 pm M-F, 8 am-6 pm Sa, 10 am-6 pm Su. V. \$.

Tilapia with Harisa

FROM CAFÉ SORIAH

- 1 tilapia fillet
- 2 tbsps butter
- 1/8 tsp black pepper
- 1/2 tsp minced garlic
- 1/4 cup pomegranate molasses
- 1/2 tsp Dijon mustard

Thinly coat both sides of a tilapia fillet with harisa; since harisa is spicy, coat to your discretion. Grill, bake (400 F) or pan sear for 3 minutes on each side, depending on the thickness of the fillet.

In a flash pan melt the butter, then add black pepper, minced garlic, pomegranate molasses and Dijon mustard. Stir well, keep on heat till it bubbles, then dredge the fish on both sides in this sauce.

- Harisa:
- 6 oz. dried red chili peppers, whole
- 1 tbsp toasted mustard seeds
- 1/4 cup olive oil
- 1 tbsp red wine vinegar
- 1 tsp toasted coriander seeds
- 1 tsp cumin seeds

Boil chili peppers in water until soft, drain water and put in food processor with toasted mustard seeds, toasted coriander seeds, cumin seeds, olive oil and red wine vinegar. Process until smooth paste.



TRASK BEDORTHA

PARK STREET CAFÉ

776 W. Park St. 485-2089.
Organic breakfast and lunch all day. Eggs, tempes, French toast, specialty sandwiches, salads, daily ethnic entrées, homemade soups. Vegan and wheat-free baked goods. Special food needs and kids welcome. Locally owned and operated. Some OG/LG. Wheelchair accessible. 8:59 am-2:59 pm Tu-Sa. MC/V/AE/DC. \$-\$\$.

PUMP CAFÉ

710 Main St., Springfield. 726-0622.
Serving breakfast and lunch. Catering available. Standard breakfast and lunch menu featuring fresh baked pastries and homemade desserts. Fresh, homemade soups, salads, hot and cold sandwiches. Specialty breads. Daily specials. Take-out. Outside seating available. LG. Wheelchair accessible. 7 am-4 pm M-F; 8 am-2 pm Sa. MC/V/AE. \$\$.
★ **Best Hangover Breakfast, Second Place**

RENNIE'S LANDING

1214 Kincaid St. 687-0600.
Across from UO. Serving breakfast, lunch, dinner: Chicken, fish, pasta and vegetarian specialties. Buffalo, free range and Gardenburgers. Salads and homemade soups. NW micros and full bar. Two outdoor decks. Daily specials. Minors welcome until 3 pm. Wheelchair accessible. Breakfast begins 7:30 am M-F, 9 am Sa-Su. Extended breakfast hours Sa and Su. Food served until last call. MC/V/AE/D. \$.

SUPREME BEAN COFFEE COMPANY

See Continental

TERESE'S PLACE

650 Main St., Springfield. 747-1897.
Serving breakfast, lunch: Omelettes, sandwiches, vegetarian entrées, 4 soups daily, salads, espresso. Table service for breakfast; order lunch at counter, servers bring. Take-out. Catering. 7 am-4 pm M-F. V/MC. \$.

WASHBURNE CAFÉ

326 Main St., Spfld. 746-7999
Serving breakfast, lunch and espresso drinks, omelets, bagels, steel-cut oatmeal, paninis, wraps, salads, homemade soups, baked goods, daily specials available, local wines and microbrews, free Wifi, large, private meeting rooms available, live music and free wine tastings every Friday. 7:30 am-5 pm M-Th, 7:30 am-8 pm F, 8 am-4 pm Sa, 8 am-2 pm Su. V/MC. \$.

WICH HOUSE, THE

See Delis

WORLD CAFÉ

449 Blair Blvd. 345-1695.
Food from around the world: fajitas, pizza, calzones, soups and salads. Live music. 4 pm-9 pm daily, open late F & Sa. MC/V. \$-\$\$.

Chinese

CAFÉ SEOUL

See Korean

CHINA SEAS

45-E. Division Ave. 688-6889.
11 am-2 pm and 3 pm-8:30 pm Tu-F, noon-8 pm Sa & Su. \$\$.
★ **Best Meets West**

EAST MEETS WEST

830 E. 13th Ave. 686-8788.
1933 Franklin Blvd. 343-9966.
Serving lunch and dinner buffet, salad and dessert bar, wine, beer, full bar, sushi, Chinese favorites, teriyaki chicken, pot stickers. Senior discounts. 9 am-9 pm Su-Th, 9 am-10:30 pm F & Sa. MC/V. \$\$.
★ **Best Meets West**

EMPIRE BUFFET

1933 Franklin Blvd. 343-9966.
Serving lunch and dinner buffet, salad and dessert bar, wine, beer, full bar, sushi, Chinese favorites, teriyaki chicken, pot stickers. Senior discounts. 9 am-9 pm Su-Th, 9 am-10:30 pm F & Sa. MC/V. \$\$.
★ **Best Meets West**

FAR MAN RESTAURANT

3111 Gateway Blvd., Springfield. 726-7711.
Serving lunch, dinner: Buffet and full menu; Cantonese, Mandarin, Szechwan, American; vegetarian entrées. Wine, beer, full bar. Reservations on weekends for larger parties. Take-out. Wheelchair accessible. 11:30 am-10 pm M-Th, 11:30 am-11 pm F, noon-11 pm Sa, noon-10 pm Su. MC/V. \$-\$\$.

FORTUNE INN

1775 W. 6th Ave. 342-2616.
Serving lunch, dinner: Fresh specials every day, traditional Chinese stir-fries, fresh Chinese vegetables, 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. \$\$.
★ **Best Meets West**

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. 343-4880.
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. \$-\$\$.

Coffeeshouses

ALLAN BROS. BEANERY COFFEEHOUSE

152 W. 5th Ave. 342-3378.
2465 Hilyard St. 344-0221.
Serving Allam 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.
Coffeeshouse 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**