

and organic gourmet dishes including homemade soups, salads and paninis featuring some local, organic produce, vegetarian entrees, pastry selection featuring Humble Bagel, Fleur de Lis and New Day Bakery. 7:30 am-3 pm Su-M, 6:30 am-5 pm Tu-Th, 6:30 am-9 pm F, 7:30 am-9 pm Sa. V/MC/D. \$.

LOCAL BOYZ HAWAIIAN CAFÉ
1425 NW Monroe Ave., Corvallis. 754-5338.
Aloha-style plate lunches, served in three different sizes, with steamed rice and macaroni salad or steamed veggies. Wheelchair accessible. LG. 11 am-8 pm M-F. 12 pm-7 pm Sa. V/MC/Debit. \$-\$\$.

NEW MORNING BAKERY
219 SW 2nd St., Corvallis. 754-0181.
Corvallis landmark for 25 years. Now serving fine wine and microbrews. Italian espresso bar. International specialties from scratch with all-natural fresh ingredients. Soups, salads, sandwiches, Italian breads, pastries, cookies and desserts. Catering and wedding cakes available. Wheelchair accessible. Some OG/LG. 7 am-9 pm M-Th, 7 am-10:30 pm F & Sa, 8 am-8 pm Su. V/MC. \$.

PITA PIT
1425 NW Monroe, Corvallis. 738-PITA.
Serving lunch and dinner: pitas stuffed with falafel, baba ghanouj, gyros, roast beef, chicken and a variety of other selections. Choose your own toppings and sauce. Delivery. 11 am-3 am M-W, 11 am-4 am Th-Sa, noon-2 am Su. \$.

QUIZNO'S CLASSIC SUBS
1573 SW 53rd St., Corvallis. 752-1600, fax 752-2316.
700 NE Circle Blvd., Ste 103, Corvallis. 753-7827, fax 753-6769.

Serving lunch and dinner: Sub sandwiches, fresh soups and salads made daily. Vegetarian entrees, catering available. Delivery now available: \$8 minimum order, \$2 delivery fee. Order online at www.quiznos.com or phone it in. LG. 10 am-9 pm M-Sa, 10 am-8 pm Su. All major cards. \$.

SUNNYSIDE UP, INC.
116 NW 3rd St., Corvallis. 758-3353.
Organic coffee, loose leaf teas, soup, salads, sandwiches, wraps, baked goodies, all-day breakfast with organic eggs. Eclectic menu. Wheelchair accessible. Some OG/LG. 6 am-7 pm daily. MCV. \$.

TOGO'S GREAT SANDWICHES
2317 NW 9th St., Corvallis. 753-1444.
Hot and cold sandwiches, soups and salads. Wheelchair accessible. 10 am-10 pm daily. MCV/AE/D. \$.

UNIVERSITY HERO
211 SW 5th St., Corvallis. 754-7827.
2307 NW Kings Blvd., Corvallis. 758-1070.
Serving specialty sandwiches on fresh sub rolls, made from scratch daily, along with fresh made soups, salads and baked goods including the giant cookie, cheese bread and pizza sticks. Also now offering Healthy Kids' Meals. Wheelchair accessible. LG. 10 am-8 pm M-Sa, 11 am-8 pm Su. V/MC. \$.

YOGURT HILL
943 NW Kings Blvd., Corvallis. 758-3337.
Frozen yogurt, ice cream, sandwiches, light 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/MCV/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 entrees, 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. \$.

CRESWELL COFFEE COMPANY
116 Melton Rd., Creswell 895-8860
creswellcoffee.com
Full-service coffee house serving Cafeto coffee and organic gourmet dishes including homemade soups, salads and panini featuring some local, organic produce, vegetarian entrees, pastry selection featuring Humble Bagel, Fleur de Lis and New Day Bakery. 7:30 am-3 pm Su-M, 6:30 am-5 pm Tu-Th, 6:30 am-9 pm F, 7:30 am-9 pm Sa. V/MC/D. \$.



TODD COOPER

BEST FROZEN TREATS: PRINCE PUCKLER'S

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. MCV. \$.

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. MCV/D.

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 cassolette and much more! Dinner Friday and Saturday from 5 pm-9:30 pm and by reservation other evenings. Catering and private party book-

ings available. 8 am-2:30 pm Tu-Su, 5 pm-9:30 pm F & Sa. MCV/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 entrees 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. MCV. \$.

WINE DEPOT & DELI
300 2nd Ave. SW, Albany. 967-9499. Fax 967-9454.
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 pm 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. \$.

NOVAK'S HUNGARIAN RESTAURANT & CATERING
2306 Heritage Way SE, Albany. 967-9488.
Traditional Hungarian specialties: Chicken papri-

kas, kolbasz, cabbage rolls. Vegetarian entrees. In-house bakery. Novak's also offers catering for events and special occasions. Wheelchair accessible. LG. 6:30 am-9 pm daily. MCV/AE/D. \$.

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

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. \$.

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/DCAE. \$\$\$.

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 entrees, homemade desserts and breads. 11 am-midnight M-F, 5 pm-midnight Sa, 5 pm-9 pm Su. V/MC. \$-\$\$.

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/DCAE. \$-\$\$.

EL TAPATIO RESTAURANT
1845 NW Circle Blvd., Corvallis. 758-1735.
Serving lunch daily and dinner on Fridays and

New Day Bakery
Oregon Coast
Salmon Dinner \$11.95
Home made Apple, Berry & Pumpkin Pie

monday-friday 7am-9pm
saturday 8am-9pm • sunday 8am-8pm
449 Blair Blvd • 541-345-1695

More than just coffee...
WANDERING GOAT COFFEE CO.

268 madison st., eug.
wanderinggoat.com

OPENS EARLY CLOSSES LATE

SOUP NATION OPEN M-F 9AM-6PM SAT-SUN 9AM-4PM
525 HIGH ST • EUGENE • (541) 683-1999

AUTUMN IS UPON US

BUY ONE GET ONE Free!

ON ALL FROZEN QUARTS STOCK THE FREEZER NOW!

SAT 9/22 & SUN 9/23 ONLY

WHILE SUPPLIES LAST!

CHECK OUT OUR NEW WEBSITE & SEE OUR DAILY SOUP LINE-UP AT **SOUPNATIONEUGENE.COM**

CARNICERIA Y SUPER MERCADO

- Panaderia
- Pasteleria
- Frutas
- Verduras
- Carnes Frescas
- Taqueria
- Cerveza
- Bakery
- Pasteries
- Fruits
- Vegetables
- Fresh Meats
- Taco Shop
- Beer

OPEN DAILY Till 9pm

628 Blair • Eugene
541 338-9086
541 743-0779

We Accept WIC & EBT Cards

Quesadilla Supreme
Choice of meat or veggie **\$4.99**

4 Chicken Tacos & a Jarrito
\$5.99

Shrimp Cocktail
\$8.99