

NICE RICE
Saturday Market, 8th & Oak. 686-8885.
eugenesaturdaymarket.org
Veggie & chicken stir-fried rice dishes, teriyaki chicken sandwiches, fresh orange juice. 10am-5pm Sa. \$.

PARTY CART
2777 Friendly St. 543-8184.
facebook.com/cartparty
Weekly changing menu, all food sourced locally, cart-made breads, pie, meats humanely raised; mini restaurant in a parking lot. Noon-9pm Tu-Fr, 10am-3pm Sa-Su. All major cards accepted. \$\$.

POPPY'S DOGS
8th & Oak. 221-9848.
We are open for lunch Monday-Friday in beautiful downtown Eugene, offering a selection of all beef dogs, polish dogs, smoked bratwurst & spicy sausages in a variety of specialties, including kraut dogs, chili dogs & an array of toppings to create your perfect dog! \$. Cash only. 10am-3pm M-F.

RAW LOVE
1290 W 7th Ave. rawluv.org.
Serving organic & raw entrées & desserts, including "rawzagna," zucchini noodles w/marinara, & raw cheesecake.

RED FIVE HOTDOG COMPANY
591 Willamette St. 517-0530. red5dogs.com.
Amazing hot dogs; 20 different toppings. LP. V. Downtown noon-4pm Mo-Th; Sprout Marketplace 3-7pm Fr; Ninkasi Brewery Sa; Blairially late nights F-Sa. \$.

RENAISSANCE PIZZA
Saturday Market, 8th & Oak. 686-8885.
eugenesaturdaymarket.org
Serving handmade pizza by the slice. 10am-5pm Sa. \$.

RITTA'S BURRITOS
Saturday Market, 8th & Oak. 686-8885.
eugenesaturdaymarket.org
Serving made-to-order, generously filled burritos & monthly specials. We use organic beans & other fresh & local ingredients. Owed & operated by Ritza since 1978, we are found every Saturday at the Saturday Market, at the Oregon Country Fair & at other local events. 10am-5pm Sa. \$.

RUSTY'S HANDBUILT COOKIES
Saturday Market, 8th & Oak. 686-8885.
eugenesaturdaymarket.org
10am-5pm Sa. \$.

SAIGON STREET CART
2nd & Van Buren. across from Ninkasi Brewery 550-9292. saigonstreetcart.com
Specializing in banh mi, traditional Vietnamese sandwiches served on French rolls & including hoisin-braised pork, pork/ham & tofu options garnished w/pate, pickled carrots, radishes, cilantro & more. Also serving lemongrass chicken, & such sides as pate, chips, pickles & Asian beverages. 12-3pm Tu, 12-3pm, 5:30pm-9pm Wed, 12-3pm Th-F, 12-5pm Sa. No cards. \$-\$-\$.

SAMMITCH
446 E. 13th Ave. 408-309-2074.
Sammitches, smoothies & deep-fried carrots! SCO, VE. 11am-6pm Mo-Fr. MC/V/D. \$-\$-\$.

★ BEST FOOD CART (2ND)
THE SANDWICH LEAGUE
Ninkasi Tasting Room. 285-8069
We build our delicious sandwich & burger creations using local All Natural meats & local produce when available. We proudly make our own sauces including BBO sauce, bechamel cheese sauce, habanero relish & slaw dressing. All of our sandwiches are served with fresh cut fries. 1-9pm Su-M, 1-10pm Th-F. \$\$.

SARA'S TAMALES
Saturday Market, 8th & Oak. 686-8885.
eugenesaturdaymarket.org
Serving chicken & vegetarian tamales, fruit salad. 10am-5pm Sa. \$.

SARITZA MEXICAN FOOD
Saturday Market, 8th & Oak. 686-8885.
eugenesaturdaymarket.org
Serving tacos, taco salad, burritos. 10am-5pm Sa. \$.

SCIACCA'S FOCACCIA
Farmers Market, 8th & Oak. 285-6334.
Locally baked in FOOD for Lane County's kitchen using local ingredients. Offering a variety of regular & seasonal flavors including Scarboro Faire, w/ Love From Vesta, Thai Pyro & more. Salt from Olive Grand, local beers in the hydration, self-grown herbs. Saturdays at Lane County Farmers' Market.

SOUP NATION SOUP CARTE
E. 14th Ave. & Kincaid, PLC. UO. 554-9088.
soupnationeugene.com
Offering more than 80 varieties of homemade, unique and traditional soups, from three-cheese tomato to Bangkok sweet potato. Soup Nation also features gourmet sandwiches, salads, baked goods, beverages & more. UO Campus, open 11am-3pm M-F during the school year. \$.

STUDENTS R BOSS
13th & Kincaid.
Gyros, coffee. 7:30am-4pm M-F, weekend evenings. Cash only. \$-\$.

SUNSET HUT
12th & Kincaid.
Burritos, rice bowls, goat stew, mafe (chicken or veggie). 10:30 am-4:30 pm M-F.

SWEET MELISSA'S MUNCHIES
760 Chambers St. 654-7359
Serving American cuisine including sandwiches, soups, salads & macaroni & cheese. 11am-6pm M-F. \$.

TAYLOR'S CHUCK WAGON
Kesej Square, Broadway Plaza. 285-0076.
Good old fashioned comfort food, made to order. Specialty burgers, hot dogs, corn dogs, hand-cut steak fries, sweet potato fries, tasty treats, variety ears, hand-scooped ice cream cones, elephant soday pop, hot coffee, cider, Italian sodas & more! \$.

TOFU PALACE
Saturday Market, 8th & Oak. 686-8885.
eugenesaturdaymarket.org
Tofu Tia, tofu breakfast, Toby's Tofu Paté. OG/LG. 10am-5pm Sa. \$.

T.R.E.E., THE
Saturday Market, 8th & Oak. 686-8885.
eugenesaturdaymarket.org
Crab, salmon & veggie wontons, green salad, Sticky Sticky Tempeh, seasonal wontons & more. 10am-5pm Sa. \$.

UME GRILL
1905 Agate St. 844-2351
umegrill.com
Serving Japanese fusion, including mochi, skewers, & BBO sirloin. Some OG. Chi-chi dango mochi made to order. Pick-up or take-out. 5:30pm-9pm Tu-Sa. VM/C/D. \$-\$

VIVA! VEGETARIAN GRILL
12th & Willamette. 595-8482.
Grilled veggie dogs, soysages, vegan cheesesteaks & tempeh rubeens. Gluten-free options. Organic tea, coffee & juices. All vegan menu. Some OG. 11am-4pm M-F. Cash only. \$.
★ BEST FOOD CART (3RD)

WHOLE ENCHILADA
Saturday Market, 8th & Oak. 686-8885.
eugenesaturdaymarket.org
Serving enchiladas, rice & beans, nachos. 10am-5pm Sa. \$.

WRAP CITY/SCRATCH SOUPS
1548 Chambers Alley. 636-7238.
Hand-tossed wraps, all scratch-made soups, fresh-baked breads, grilled sandwiches. Some CO/V/SS. 11am-2pm Mo-Fr. Checks & major cards. \$.

WYLIE'S FOOD CARTÉ
2836 W. 11th Ave. 731-9565.
Serving lunch & dinner: Organic chicken & lamb skewers, Hawaiian shrimp plate, pita sandwiches. Vegetarian options. Some OG/LG. 11am-6pm M-F. \$.

Indian

EVERGREEN INDIAN CUISINE
1525 Franklin Blvd. 343-7944.
Serving lunch & dinner, traditional Indian dishes. 11:30am-2:30pm & 5pm-9:30pm daily. MC/V. \$-\$-\$.

★ BEST INDIAN
POPPY'S ANATOLIA
992 Willamette St. 343-9661.
Serving lunch, dinner: Half the menu is Greek, half is Indian. Kotta Psiti (Greek roasted chicken), thali platter (selection of Indian vegetable dishes), vegetarian soups & entrées, Greek salad. Wine, beer. Reservations for 5+. Lunch M-Sa, dinner nightly. MC/V. \$\$.

★ BEST MEDITERRANEAN, ★ BEST INDIAN (3RD)
TASTE OF INDIA
2495 Hilyard St. 485-9698.
Authentic Indian cuisine for vegetarian & non-vegetarian palates. Freshly baked & stuffed roti. Buffet lunch & dinner specials. Tandoori chicken, lamb, seafood. Salads. Take-out.
★ BEST INDIAN (2ND)

International

BRUNO'S CHEF'S KITCHEN
3443 Hilyard St. 687-CHEF (2433).
brunoschefskitchen.com
Bruno shops at local markets daily, seeking the freshest quality ingredients to create a progressive, exquisite cuisine. Bessie serves w/an equally special flair. Menu changes weekly & can be found on restaurant website. Some OG/LG. Wheelchair accessible. 5-9pm Tu-Sa. MC/V/AE. \$-\$\$\$\$.

CAFE LUCKY NOODLE
207 E. 5th Ave. 484-4777
cafeluckynoodle.com
A locally owned, upbeat & contemporary global noodle house that features Italian & Thai cuisine on one dynamic menu. Award-winning specialty cocktails, homemade pasta & gelato, espresso & late night full dinner menu. Serving lunch, dinner & weekend continental brunch. Some OG/LG. Wheelchair accessible. Lunch served 11am-4pm. Dinner 4pm-close daily. Brunch 9am-2pm Sa & Su. "Lucky Hour" specials from 3pm-6pm M-W, 11am-midnight Th-F, 9am-midnight Sa, 9am-11pm Su. MC/V/AE. \$-\$\$\$\$

GAI JIN
Kesej Square. 277-3128.
World flavor fusions: a melting pot of flavors including Japanese, Moroccan, Greek, Caribbean & southern. Seasonal menu w/gluten-free options. 95% CO. 11am-5pm M-F. Major cards. \$.

HOLY COW CAFÉ
See Cafés & Vegetarian

JUNG'S MONGOLIAN GRILL
4355 Commerce St., Suite 110. 344-7578.
All-you-can-eat stir-fried veggies, tofu, meats & sauces. Beer & wine available. Wheelchair accessible. Lunch 11:30am-4pm daily. Dinner 5-9pm Su-Th, 5-10pm Fr & Sa. V/MC/D/AE. \$-\$-\$.

KOHO BISTRO
2101 Bailey Hill Rd., Ste. 1. 684-8888
kohobistro.net
Northwest Nouveau, we create seasonal menus with cuisine that is meticulously prepared with a global infusion of techniques that exemplifies an artistic hands on approach that showcases the freshest local ingredients. Our scratch kitchen features the best from our farmers, artisans, winemakers & brewers. We are a chef owned bistro & have won numerous awards during our first year. Reigning Iron Chef of Oregon & Eugene. 4pm-10pm Tu-Th, 4pm-11pm F-Sa., 4pm-10pm Su. AE/V/MC. \$\$\$

OFF THE WAFFLE
2540 Willamette St. 515-6926.
840 Willamette St. 654-4318.
offthewaffle.com
Serving authentic liege waffles, a classic Belgian treat. 7am-8pm Su-Th. 7am-11pm F-Sa. AE/D/V/MC. \$.

PAPAYAS ASIAN FOOD CATERING
228-0768 or 988-1828.
papayascatering.com
Specializing in Asian cuisine for catering events: business luncheons, training, weddings, rehearsal dinner, parties, etc. Sample lunch menu: Asian crunch salad, teriyaki chicken, stir-fry noodles w/vegetables, steamed rice, cookie tray. See website for a full menu or email yuenlee@att.net for a free price quote & menu ideas. MC/V/AE. \$-\$.

RYE
444 E. 3rd Ave. 653-8509.
facebook.com/ryeon3rd
Village food, meaning Old World cuisine in a New world setting, some certified organic ingredients, local produce. 4pm midnight Mo-Sa. AE/D/V/MC. \$\$\$.
★ BEST COCKTAILS (2ND)

SUNSET CANT
12th & Kincaid.
African stews, burritos, homemade salsa. SCO. 10:30am-4pm Mo-Fr. \$.

WILLIE'S LEBANESE & NORTHWEST CUISINE
400 International Way, Spfd. 393-6561.
willieslebaneserestaurant@gmail.com
Traditional Lebanese dishes & favorites from the Northwest. Full bar & catering available. Lunch 11:30am-2pm M-F, dinner 5-9pm M-Th & 5-10pm F-Sa. All major cards. \$-\$-\$.

Italian

AMBROSIA RESTAURANT & BAR
174 E. Broadway. 342-4141.
Serving lunch, dinner: Regional Italian cuisine, fish specials, wood-burning pizza oven, calzones, pastas, vegetarian entrées, salads. Extensive wine list, beer, 7 microbrews, full bar. Reservations. Take-out, banquets, warm atmosphere w/antique decor. Some OG/LG. Wheelchair accessible. 11:30am-10pm M-Th, 11:30am-11:00pm F-Sa, 4:30-10pm Su. MC/V. \$-\$-\$.

BEPPE & GIANNI'S TRATTORIA
1646 E. 19th Ave. 683-6661.
Serving dinner: Variety of homemade pastas: Ravioli, lasagna, linguini, spaghetti. Seafood, salads. Wine, microbrews. Take-out. 5-10pm daily. MC/V. \$-\$-\$.
★ BEST ITALIAN, BEST PLACE FOR A DINNER DATE (3RD)

COUNTRYSIDE PIZZA & GRILL
See American

DOUGH CO., THE
1337 Hilyard St. 485-7459.
doughco.com
Bakery-style kitchen serving 31 kinds of calzones & warm cookies. Everything \$6.25 or less. Delivery until 3am. 11am-3am daily. MC/V/AE/D. \$.

EXCELSIOR INN, RESTAURANT & LOUNGE
754 E. 13th Ave. 342-6963.
Serving breakfast, lunch, dinner. Pacific Northwest & northern Italian menu w/local ingredients. Homemade pastas, fresh seafood, organic meats, produce from Excelsior Farm, desserts. Wine, beer, microbrews, full bar. Outdoor patios, private seating & meeting space available. Some OG/LG. Wheelchair accessible. Breakfast 7am-10am. Lunch 11:30am-2pm. Dinner 5pm-10pm daily. Bistro/Lounge open until 11pm daily. All major cards. \$-\$-\$-\$.

IL POMODORO PIZZERIA
368 E. 40th Ave. 345-1134
New York style pizza & Italian dishes prepared fresh daily, specialty pizzas, by the slice, paninis, satad bar, ravioli, ziti, lasanga, kosher lamb & chicken, some organic produce, vegetarian options, local meats. 11am-10pm Su-Th, 11am-11pm F-Sa. \$-\$-\$-\$.

IZZY'S PIZZA & BUFFET
See Pizza

LA PERLA
See Pizza

MAZZI'S ITALIAN FOOD
3377 E. Amazon Dr. 687-2252. mazzis.com
Family owned, preparing the Italian-Sicilian favorites of Papa & Mama Mazzi. Local products & organic produce from Mazzi's farm. Serving new & old favorites in a comfortable, relaxed setting. Northwest & Italian wines, microbrews, imported beer. Outdoor seating. Dine in or take out. Some OG/LG. Wheelchair accessible. Dinner from 5pm daily. MC/V/AE. \$\$.
★ BEST ITALIAN (2ND)

NOLI RESTORANTE ITALIANO
769 Monroe St. 844-1663.
Authentic Italian food from Ligure & beyond. Fresh, original food in a charming, warm atmosphere. 11:30am-2:30pm, 5pm-9pm Tu-Th., 5pm-10pm F-Sa. \$\$\$
★ BEST ITALIAN (3RD)

OLIVE GARDEN
1077 Valley River Dr. 349-8929.
Serving Italian lunches, dinners, vegetarian entrées, wine, beer, microbrew, full bar. Take-out. 11am-10pm Su-Th, 11am-11pm F-Sa. MC/V/AE/D/C. \$-\$.

OX & FIN
105 Oakway Center. 302-3000.
oxandfin.com

Japanese

CAFÉ ARI RANG
See Korean

IZAKAYA MEIJI COMPANY
345 Van Buren. 505-8804.
Japanese style tavern serving small plates, noodles, cocktails, sake, desserts & more. 5pm-close. \$\$.
★ BEST COCKTAILS, BEST PLACE FOR A DINNER DATE (2ND), BEST RESTAURANT (3RD)

IZUMI SUSHI & GRILL
2773 Shadow View Drive. 683-1201.
Serving lunch, dinner: Sushi bar, full sushi menu, sashimi, rolls, grill menu, tempura, noodles, variety of tapas, traditional & fusion dishes. 11:30am-2:30pm & 5pm-10pm M-F, 5pm-10pm Sa, 5pm-9pm Su. All major cards. \$-\$-\$-\$\$.
★ BEST HAPPY HOUR (3RD)

KAMITORI
1044 Willamette St. 686-3504. kamitori10.com
Traditional Japanese cuisine, sushi including nigiri, sashimi, & noodle dishes such as udon & soba. 11am-2pm, 5-9pm M-Th, 11:30am-2pm, 5-9:30pm F, 5-9:30pm Sa. V/MC. \$-\$.

MAME
541 Blair Blvd. 654-4378.
Oregon sushi; local produce; menu changes daily — "sushi made by monkeys." 5pm-10pm Tu-Th, 5pm-11pm F & Sa. AE/D/V/MC. \$-\$-\$\$.
★ BEST ITALIAN (2ND)

MIO SUSHI
132 Oakway Center. 505-9192. miosushi.com
Providing highest-quality seafood to the Pacific Northwest since 1995, contemporary & casual dining atmosphere. Vegetarian & gluten-free options. 11am-9pm M-F, noon-9pm Sa & Su. All major cards. \$-\$-\$.

MISO
686 E. 13th Ave. 434-1001.

PIER SUSHI
720 S. A St., Spfd. 653-9469
Authentic Japanese cuisine using only the freshest fish & local produce, vegetarian entrees. 11:30am-9pm M-Sa, 4-9pm Su. \$.

SUSHI DOMO
1020 Green Acres Rd. 343-0935.
2835 Oak St.
Sushi, yaki soba, nigiri, vegetarian selections & more. Private dining room available. Wheelchair accessible. Lunch 11am-2pm M-F, Dinner 4:30-10pm M-Sa. Oak St.: 10am - close M-Sa. Some cards. \$-\$-\$.
★ BEST SUSHI

SUSHI PURE
296 E. 5th Ave. (5th St. Market). 654-0608.
Serving lunch, dinner: Fresh sushi, traditional & modern, w/housemade special sauce on 15+ rolls. Sashimi, nigiri, fusion rolls, udon, donburi, teriyaki, etc. Full bar, sake bar, Japanese beer & wines. Closed Sundays. All major cards. \$-\$-\$\$.
★ BEST SUSHI (3RD)

SUSHI STATION
199 E. 5th Ave. #7. 484-1334.
Sushi on conveyor, made-to-order chef's special rolls, teriyaki, tempura, katsu, yakisoba & udon noodle soup & more. 11:30am-10:30pm M-Sa, 11:30am-9pm Su. All major cards. \$-\$-\$.

SUSHI YA
5 E. 8th Ave. 686-3464.
Serving lunch & dinner weekdays, dinners only on weekends. Sushi, Japanese & Korean cuisines. Daily sushi & kitchen specials. Wheelchair accessible. Noon-2pm M-F, 5pm-10pm nightly. MC/V/D. \$-\$-\$.

TOKYO RAMEN
1733 Pearl St. 515-6176.
Quick service, daily specials for dine-ins. Healthy & homemade, no MSG. Chicken is non-caged, stress-free & no added hormones. Customize any dish. High school students get a discount, & students can receive extra noodles for free on certain dishes. Bubble tea available. 11am-8pm Mo-Sa. D/V/MC. \$.

Moroccan Merguez Sausage, Swiss Chard and Lentils

FROM CHEVIOT HILL SHEEP FARM

Nearly every country has its own form of sausage, and merguez is made in the Moroccan tradition, generously spiced with cumin, smoked paprika and garlic. In Morocco, merguez is usually eaten grilled or with couscous, but lentils are an excellent accompaniment, as in this recipe provided by Cheviot Hill Sheep Farm, located in Pleasant Hill. Its sausages have sweeter, warming spices such as fennel and cinnamon and are not spicy. Owner Gail Gould raises chef's quality grass-fed Cheviot lamb on organic pastures and makes specialty lamb sausages made with local organic ingredients and no sugar or gluten.

Pork casings are commonly used for sausages, but that defeats the purpose for people who don't eat pork but do enjoy sausages. Lamb casings are thinner in diameter. "We pack our sausages only in lamb casing," Gould says. "No pork casing, ever." Cheviot Hill Sheep Farm sells merguez and smoked merguez, all-lamb Mexican-style chorizo and quince and honey low-salt sausage at Kiva Grocery and Market of Choice in Eugene, the Marketplace@Sprout! on Fridays in Springfield, Dexter Lake Farmer's Market and Lane County Farmers Market in Eugene. The sausages and other seasonal products from the farm, such as duck eggs, are also available on the Eugene Local Foods website. "This recipe is also delicious with Cheviot Hill Sheep Farm smoked merguez," Gould says. "Simply omit the poaching as the smoked sausages are already fully cooked."
— Vanessa Salvia



- 2 links Cheviot Hill Sheep Farm merguez sausage
- 1 bunch Swiss chard (about 3/4 pound)
- 2/3 cup green lentils
- 2 cups chicken stock, vegetable stock or water
- Salt and pepper
- 2 or 3 minced cloves of garlic
- 1 sprig (2 inches long) fresh rosemary, minced

In a pot over medium heat, cook the lentils for 20 to 25 minutes with the stock, a bit of salt and pepper and the minced rosemary.

Meanwhile, separate the chard stems from the leaves. Cut the leaves into strips and dice the stems. Boil the stems for 5 minutes, then add the leaves and boil for another 3 minutes. Drain.

Poach the sausage for 7 to 8 minutes. Remove the sausages from the water, slice into rounds and cook the rounds in a skillet over medium high heat until crispy on both sides (about 10 minutes total). Add minced garlic when the sausages are almost crispy. Add the chard, stir to heat and serve over the lentils.