

Café Siena

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

Cornerstone Café

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

Cornucopia

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

★ BEST BURGER, BEST BURGER & BREW SPECIAL

Friendly Street Café

2757 Friendly St. 343-3460.
All organic breakfast, lunch & dinner. South American & Italian food. OG/LG. Wheelchair accessible. 8am-8pm M-Sa, 9am-3pm 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: 7am-9pm daily. Willamette: 6:30am-9pm M-F, 7am-9pm Sa-Su. Cash, all cards. \$-\$\$.

★ BEST HANGOVER BREAKFAST (2ND)

Holy Cow Café

See Vegetarian

Keystone Café

395 W. 5th Ave. 342-2075. keystonecafe.com
Serving vegans, vegetarians & meat lovers. Breakfast all day every day; lunch 11am-5pm M-F. Naturally nested eggs & wheat-free sauces. Pancakes, omelettes, homefries, chilis, soups & burgers. Fresh squeezed juices, local beers & wine. Some OG/LG. 7am-3pm daily. \$\$.

McKenzie Café LLC

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

Milky Way Tea & Bagels

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

Morning Glory Café

450 Willamette St. 687-0709.
Breakfast & lunch café serving fresh & organic ingredients featuring vegetarian & vegan options, including waffles, biscuits & gravy, French toast, egg & vegan omelets, sandwiches, salads, soup, fresh-squeezed juice & smoothies. Monthly specials. Full coffee bar, all breads baked daily featuring vegan pastries, wheat-, gluten- & sugar-free options. Breakfast served all day, lunch starts at 11am. Wheelchair accessible. 7:30am-3:30pm 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. 7am-9pm M-Th, 7am-10pm F & Sa, 8am-9pm Su. MC/V. \$-\$\$.

Noble Café

45 E. 8th. 344-4001.
Awesome breakfast, lunches, snacks & amazing coffee. Superb locally roasted organic coffee, hot or cold sandwiches, soup, salads, wraps, smoothies & a neighborhood favorite paleo plate. Winter: 7:30am-4pm M-Sa; summer: 7:30am-4pm Tu-Sa. All major cards. \$\$.

Novella Café

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

Park Street Café

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

Pump Café

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

Soup Nation

525 High St. 683-1999.
soupnationeugene.com
Gourmet salads & sandwiches, free parking, full espresso bar, all-Oregon microbrew selection, house baked goods, snappy service. \$.

Supreme Bean Coffee Company

See Continental

Terese's Place

650 Main St., Spfd. 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. 7am-4pm M-F. V/MC. \$.

Washburne Café

326 Main St., Spfd. 746-7999.
Serving breakfast, lunch & espresso drinks, omelets, bagels, steel-cut oatmeal, panini, wraps, salads, homemade soups, fresh-baked goods, daily specials available, local wines & microbrews, free WiFi, large, private meeting rooms available. 7:30am-4pm M-F, 8am-2pm Sa & Su. V/MC. \$.

World Café

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

Chinese

Café Seoul

See Korean

China Seas

45-E. Division Ave. 688-4689.
11am-2pm & 3pm-8:30pm Tu-F, noon-8pm Sa & Su. \$\$.

East Meets West

830 E. 13th Ave. 686-8788.

Empire Buffet

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

Far Man Restaurant

3111 Gateway Blvd., Spfd. 726-7311.
Serving lunch, dinner: Buffet & full menu; Cantonese, Mandarin, Szechwan, American; vegetarian entrées. Wine, beer, full bar. Reservations on weekends for larger parties. Take-out. Wheelchair accessible. 11:30am-10pm M-Th, 11:30am-11pm F, noon-11pm Sa, noon-10pm 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 & vegetarian entrées. Wide variety Oregon wines, beer (domestic & imported). Reservations for 10+. Take-out. 11am-9:30pm Tu-Th, 11am-10pm F, noon-10pm Sa, noon-9:30pm Su. MC/V/D. \$-\$\$.

Gateway Chinese Buffet

3198 Gateway St., Spfd. 726-2828.
Lunch, dinner: Chinese buffet w/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. 11am-10pm Su-Th, 11am-10:30pm 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. 11am-9:30pm M-Th, 11am-10:30pm F, noon-9:30pm Sa, closed Su. MC/V/AE. \$-\$\$.

Great Wall Restaurant

862 Main St., Spfd. 726-9133.
Serving lunch, dinner: Cantonese, Szechwan, American; vegetarian dishes; no MSG on request; lunch specials daily. Wine, beer, cocktails. Take-out. 11am-9:30pm M-F, 3pm-10pm 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. 11am-9:30pm M-Th, 11am-10:30pm F, 4-10:30pm 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. 11am-10pm daily. All major cards. \$-\$\$\$\$.

Jade Palace

906 W. 7th Ave. 344-9523.
Now delivering. Serving lunch & dinner buffet w/ Thursday night vegetarian & Friday night seafood specials. Extended menu, no added MSG. Beer, wine, take-out. 11am-9pm Tu-Th, 11am-9:30pm F, 5pm-9:30pm Sa, noon-9pm Su. MC/V/D. \$\$.

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. 11am-9pm M-Th, 11am-9:30pm F, 4pm-9:30pm 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 11:30am-midnight, daily. Delivery 11:30am-midnight Su-Th, 11:30am-2am F-Sa. MC/V/AE/D. \$-\$\$\$.

Kung Fu Bistro

2560 Willamette St. 968-9258.
11am-9:30pm W-M.

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. 11am-10pm M-F, noon-10pm Sa & Su. MC/V. \$-\$\$.

Lotus Garden Vegetarian Restaurant

See Vegetarian

Louie's Village

947 Franklin Blvd. 343-4480.
Serving lunch, dinner: Authentic Chinese cuisine made w/all fresh ingredients. Take-out. 11am-10:30pm M-Th, 11am-11pm F, noon-11pm Sa, 11:30-10pm 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. 11am-9pm M-F, noon-9pm 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. 11am-9:30pm M-Th (closed Tu), 11am-10:30pm F, noon-10:30pm Sa, noon-9:30pm 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 & tempting desserts, all served in a stylish, high-energy bistro.

Spring Garden

215 Main St., Spfd. 747-0338.
Serving lunch, dinner: Cantonese, Mandarin, American; vegetarian entrées. Service bar. Reservations for 8+. Separate smoking room. Take-out. Some OG. Wheelchair accessible. 11:30am-10:30pm M-Th, 11:30am-11pm F, 4-11pm Sa, noon-10:30pm Su. MC/V/AE. \$-\$\$.

Tom's Tea House

788 W. 7th Ave. 343-8805.
Chinese Hunan-Szechwan cooking. Everything made from scratch. Hot & spicy. Vegetarian entrées. Dim Sum. Beer. Take-out. 4:30-8pm W-Su. \$.

Twin Dragons

919 River Rd. 688-5481.
Serving lunch, dinner: Cantonese, Szechwan, Chinese, American; vegetarian entrées, salads. Reservations for 8+. Take-out. 11am-9:30pm M-Th, 11am-10:30pm F, noon-10:30pm Sa, noon-9:30pm Su. MC/V. \$-\$\$.

Coffeehouses

Allann Bros. Beanery Coffeehouse

152 W. 5th Ave. 342-3378.
2465 Hilyard St. 344-0221.
Serving Allann Bros coffee & espresso, deli & grilled panini sandwiches, fresh entrées, pastries & deserts. Whole bean coffee, loose leaf premium tea, coffee/tea accessories. "Joe Box" coffee/tea to go & catering available. Wheelchair accessible. 5th St.: 6am-11pm M-Sa, 7am-11pm Su. Hilyard: 6am-8:30pm M-Sa, 7am-8:30pm Su. All major cards. \$.

The Barn Light

924 Willamette St. 458-205-8914.
Coffee shop & bar w/sandwiches, breakfast bites & late-night offerings. 7am-midnight M-Th, 7am-2am F, 9am-2am Sa, 9am-10pm Su. \$-\$\$.

Coffee Plant Roasters

2836 W. 11th Ave. coffeepланtroaster.com.
A variety of organic coffee beans grown on small farms & roasted daily on-site on a 1958 10-kilo Aug Olsen antique roaster. World's finest beans by the pound. Fine coffee drinks from La Marzocco espresso machine & French press. Fresh-squeezed & cold-pressed juices & organic pastries prepared daily. 6am-6pm. V.

Crumb Together

See Bakeries

Cush

1235 Railroad Blvd. oregoncush.com
Cronuts (croissant-doughnut hybrids), Last Stand Coffee, kombucha, kava, tea. 7am-9pm daily. \$.

Espresso Roma

825 E. 13th Ave. 484-0878.
Muffins, croissants, espresso. Take-out. 6am-9:30pm M-F, 7am-8:30pm Sa-Su. No cards. \$.

Eugene Coffee Company

240 E. 17th Ave. 344-0002.
Always organic, fair trade coffee. Café Mam coffee, locally made pastries, doughnuts, quiche. Twelve-ounce house coffee 50 cents from 3pm-5pm. 6:30am-6pm M-F, 7am-6pm Sa-Su. \$.

Ferry Street Cafe

1260 Ferry St.
Peaceful neighborhood coffeehouse, wi-fi, featuring quality handcrafted hot & iced espresso drinks, smoothies, Italian soda, snacks. 7am-3pm M-F, 10am-5pm Sa-Su. V/MC/D. \$.

Full City Coffee Roasters

295 E. 13th Ave. 465-9270.
842 Pearl St. 344-0475. Coffeehouse for adults. Premium coffees by the cup & pound. Some OG/LG. Wheelchair accessible. Pearl St.: 5:30am-6pm M-F, 6:30am-6pm Sa, 7am-5pm, Su. High St.: 6am-6pm M-F, 7am-6pm Sa & Su. Some cards. \$.

★ BEST COFFEE (3RD)

J-Tea

2778 Friendly St. 285-8997.
jteainternational.com
Specializing in Taiwanese oolong, w/more than 100 loose-leaf teas available by the cup including oolong, puer & Iron Goddess of Mercy. 9am-6pm Tu-F, noon-6pm Sa-Su. AE/D/V/MC. \$

My Coffee

3802 W. 11th Ave. 683-3164.
Organic coffees & local pastries. Organic loose leaf teas, ice cream espresso shakes, real fruit smoothies. 6am-6pm M-F, 1am-5pm Sa, 8am-5pm Su. MC/V/D. \$.

New Odyssey Juice & Java

1004 Willamette St. 484-7411.
Serving breakfast & lunch: Fresh, made-to order smoothies, twice-baked potatoes, soups, salads, sandwiches, quiche, summer menu w/raw food entrées. Café Mam espresso, all organic coffees & juices. Fresh wheatgrass shots. Take-out. Some OG/LG. Wheelchair accessible. 8am-5pm M-F, 10am-4pm Sa. All major cards. \$.

Palazzo Espresso

3075 Hilyard St. 338-7015.
Coffee & pastries. 6:30am-6pm M-Sa, 7am-5pm Su. AE.

Perk

1351 Willamette St. 636-3255.
Friendly, locally sourced coffee shop. Community-based, knowledgeable staff, fun all-recycled atmosphere. Some certified organic, vegetarian entrees. 7am-5pm M-F, 8am-5pm Sa, 9am-3pm Su. V/MC. \$.

Perugino

767 Willamette St. 687-9102.
An Italian-style coffeehouse serving espresso drinks, a variety of fine pastries, wine by the glass & to go & European & domestic microbrew beers. Now carrying Euphoria Chocolates. Some OG/LG. Wheelchair

accessible. 8am-8pm M-W, 8am-10pm Th, 8am-11pm F & Sa, 10am-4pm Su. All major cards. \$.

Theo's Coffeehouse At The Strand

199 W. 8th Ave. 344-6491.
Serving breakfast, lunch: Full City coffee & espresso, pastries, chocolates, oatmeal, croissant breakfast sandwiches, rice bowls & more. 6am-9pm M-F, 9am-9pm Sa, 9am-1pm Su. V/MC/D. \$.

Townshend's Tea

41 W. Broadway.
townshendstea.com.
Top-grade loose-leaf tea, chai lattes, bubble tea & kombucha on tap, in an inviting atmosphere w/ couches, cozy corners & ample laptop outlets. 9am-10pm daily. Cash, check & all cards. \$.

Vectors Espresso

2866 Crescent Ave. 579-1300.
Hand-crafted quality espresso served w/a playful attitude in a relaxed, comfy environment. Well-trained baristas who create latte art! Locally roasted organic coffee. Located one block north of Costco. 6am-5pm M-F, 7am-noon Sa & Su. \$.

Vero Espresso House

205 E. 14th Ave. 654-0504.
Serving Stumptown coffee & espresso, fruit smoothies & premium loose leaf teas. Pastry items, breakfast & lunch available. Wi-fi. LG. Wheelchair accessible. 7am-7pm daily. MC/V. \$.

★ BEST COFFEE (3RD)

Wandering Goat Coffee Co.

268 Madison. 344-5161.
wanderinggoat.com.
Dedicated to bringing fresh perspectives to traditional craft roasting & committed to sourcing, roasting & serving the highest quality sustainable coffees. Café is a music & art venue serving fresh organic pastries & food w/organic beer & wine selections. 7am-11pm M-W, 7am-midnight Th & F, 8am-midnight Sa, 8am-10pm Su. MC/V. \$.

★ BEST COFFEE

Continental

Belly

291 E. 5th Ave. 683-5896.
Rustic European farmhouse food. Some OG/LG. 5:30pm-9pm Tu-Th, 5:30pm-10pm F & Sa. MC/V. \$-\$\$\$\$.

★ BEST RESTAURANT, BEST PLACE FOR A DINNER DATE

Pacific Grill

205 Coburg Rd. (Red Lion Hotel). 342-5201.
Full service restaurant serving continental & American cuisine. LG. Wheelchair accessible. 6am-2pm & 5pm-9pm M-Th, 6am-10pm F-Su. Misty's Lounge open daily. All cards. \$-\$\$.

Supreme Bean Coffee Company

2864 Willamette St., Suite 500. 485-2700.
Serving breakfast, brunch, lunch & dinner. More than just coffee drinks are offered at this bistro in South Eugene's Woodfield Station. Paris-style crepes, Sweet Life desserts & panini sandwiches await in flower-filled surroundings. Beer, wine & free live music. Some OG/LG. 6:30am-6pm M-Th, 6:30am-8pm F, 7am-6pm Sa & Su. MC/V. \$\$.

Vintage, The

837 Lincoln St. 349-9181.
Serving lunch, dinner, weekend breakfast: Sweet & savory crepes, fondue, sandwiches, salads, appetizers & more. Intimate atmosphere in a cozy house built in 1873. Outdoor seating. Live music on weekends. Cocktails & local beers. Vegetarian entrées. Open at 11am weekdays & 9am weekends. MC/V. \$\$.
★ BEST BURGER & BREW SPECIAL (2ND), BEST COCKTAILS (3RD)

Spring Bean Salad

FROM BEANS, GRAINS, NUTS & SEEDS: FURTHER ADVENTURES IN EATING CLOSE TO HOME, BY ELIN ENGLAND

All of the recipes in Elin England's new cookbook, *Beans, Grains, Nuts & Seeds: Further Adventures in Eating Close to Home*, utilize the numerous varieties of beans, grains, nuts and seeds found in nearby farmers markets and grocery outlets. The 133 recipes were created to take full advantage of the many heirloom crops being grown by local farms. Her book includes a comprehensive resource section to help you locate the many farms that are providing these crops through farm stands and CSAs.

England says that beans, grains, nuts and seeds form the cornerstone of a local food economy, one that will allow us to feed ourselves from food grown in our own area year-round. "The farmers are growing these products," she says, "and they need a market for them."

While beans can be enjoyed year-round, this salad celebrates the newest spring vegetables along with a beauty of a bean — Borlotti are a mottled deep maroon and ivory. "This salad would be tasty with thick, smoked bacon or pancetta, fried until crisp and then crumbled over the top," England says, suggesting a variation of an already delicious salad. "Radishes can stand in for fennel, and fresh peas could also be added."

Serves 6 to 8

2 cups cooked firm beans, such as Borlotti, cranberry or cannellini
1 to 2 small fennel bulbs
4 tbsp olive oil
1 tbsp red wine vinegar
1 tbsp lemon juice
1 tsp Dijon mustard
1 small shallot, finely minced



1/2 cup hazelnuts, toasted
2 to 3 hard-boiled eggs, chopped
1/2 cup minced fresh spring herbs such as chervil, tarragon, chives and parsley
Parmesan cheese to taste
fresh spring greens
salt and pepper to taste

Remove the outer layers of the fennel bulbs, cut the bulbs in half and cut out the tough stem. Cut in half again, and slice very thin.

Whisk together the olive oil, vinegar, lemon juice, mustard and shallot. Season to taste with salt and pepper.

Combine the beans, fennel, hazelnuts and eggs with the dressing and the herbs. Scatter grated Parmesan cheese over the salad and serve on plates mounded with fresh spring greens. Pass extra Parmesan if desired, and more olive oil to drizzle as well.