

daily. MC/V/AE/D. \$\$.

STUDIO ONE CAFÉ

1473 E. 19th Ave. 342-8596.
American cuisine including their famous French toast, free range eggs, house-smoked pulled pork sandwiches, soups, chowder, eggs Benedict, many veggie & vegan options. Delivery by Pony Express. Some OG/LG. Wheelchair accessible. 7am-4pm daily. MC/V/AE/D. \$\$.

★ BEST HANGOVER BREAKFAST (3RD)

TAYLOR'S BAR & GRILL

894 E. 13th Ave. 344-6174.
Serving breakfast, lunch, dinner. Fish & chips, prime rib, homemade pasta, soups, big salads, 1/2 pound Fulton beef burgers, French dip, Malibu chicken, Philly steaks. Full bar w/specialty drinks & drink specials. Pool leagues, shuffleboard teams. Happy hour 4pm-7pm. Some LG. Wheelchair accessible. 7am-2:30am daily. MC/V. \$-\$\$\$.

TERRACE CAFÉ, THE

490 Valley River Center. 344-8369. Serving lunch & dinner: Homemade pastries, homemade soups, specialty salads, vegetarian entrées, hot & cold sandwiches, homemade desserts, chicken, ravioli, fresh seafood, prime rib. Reservations. LG. 10am-8:30pm M-Sa, 11am-5pm Su. MC/V. \$-\$\$\$.

TINY TAVERN

394 Blair Blvd. 687-8383.
Serving breakfast, lunch & dinner: chili, home-made hot meatloaf sandwiches, chili dogs, chili potatoes, vegetarian entrées. Wine, microbrew. ATM. Take-out. 11am-2am daily. No cards. \$.

★ BEST DIVE BAR

TOMMY'S BAR & GRILL

1509 Mohawk Blvd., Spfd. 744-0811.

TOXIC WINGS & FRIES

943 River Rd. 689-9464.
Wings, burgers & fries. 11:30am-8pm M-Sa.

TURTLES BAR & GRILL

2690 Willamette St. 465-9038.
Menu w/wide variety: home-cooked comfort food, specializing in free-range meats & wild seafoods. Generous portions, family dining atmosphere & full bar w/mouth-watering specialty drinks, local beers, ciders & wines. Happy hour 3-6pm daily. Bunch Sat & Sun 11am-3pm. Daily food & drink specials 3-5pm daily. Some OG/LG. Wheelchair accessible. 11am-11pm daily. All cards. \$\$.

WETLANDS BREW PUB & SPORTS BAR

922 Garfield St. 345-3606.
Serving breakfast, lunch & dinner. Vegetarian entrées, wine, 50 beers on tap, 9 pool tables, two big screen TVs, 10 27" TVs, two full bars. Take-out. Some OG/LG. 7am-2:30am daily. V/MC. \$-\$\$\$.

Bakeries

BOB'S DONUTS

977 Garfield St. #8. 344-0067.
Serving breakfast & lunch: Donuts, hot dogs, sandwiches, soup, chili, salad, coffee, cold drinks. Open daily until 6pm. MC/V. \$\$.

CONSCIOUS CONFECTIONS

1290 W. 7th St. 337-2922.
Bakery located inside Cornbread Café, serving baked goods made w/organic ingredients, all vegan & mostly gluten-free, special orders & wholesale available. 11:30am-2pm & 5-8pm Tu-Sa. Cash/checks only. \$.

COOKIES COOKIES

3081 W. 11th Ave. 683-3444.
Cookies & bars handmade from scratch & decorated. Root beer floats & shakes available in summer. Custom orders available, cutouts to buy.

quets. Delivery available. 12-6pm M-F, 2-7pm Sa. MC/V/AE. \$-\$\$.

CRUMB TOGETHER

980 Oak St. 505-2199.
crumbtogether.com.
Serving cookies, muffins, coffee & espresso drinks. 8am-5:30pm M-F, 10am-3pm Sa. \$.

DAILY BAGEL

4770 Village Plaza Loop. 431-5700.
daily-bagel.com.
Serving breakfast, brunch & lunch: Bagels, breakfast & dell sandwiches, pastries & desserts. Smoothies, vegetarian entrées, salads, soups, gourmet coffee. Bagels baked fresh daily! Wheelchair accessible. 6am-4pm M-F, 7am-4pm Sa, 8am-3pm Su. All major cards. \$.

DIVINE CUPCAKE, THE

divinecupcake.com
Serving a wide array of vegan, organic cupcakes. Gluten-, wheat-, sugar- & soy-free versions available. Flavors range from classic chocolate to the peanut curry Thai Me Up cupcake. Order online any time! \$.

EUGENE CITY BAKERY

1607 E. 19th Ave. 334-6906.
Fine breakfast pastries, handcrafted artisan breads, European-style desserts, espresso drinks, specialty cookies, soups, sandwiches, panini, quiche & a rotating selection of international baked savorys. Outdoor & limited indoor seating. Take-out. Some OG/LG. Wheelchair accessible. 6:30am-6pm M-F, 7am-5pm Sa, 7am-4pm Su. \$.

★ BEST BAKERY—SAVORIES (3RD)

GREAT HARVEST BREAD COMPANY

2564 Willamette St. 345-5398.
Serving fresh, organic whole grain breads & sweets: muffins, cookies, scones, cinnamon rolls & coffee. Free slices of warm bread & samples all

day. Some OG. 7am-6pm M-F, 7am-5:30pm Sa. All major cards. \$.

HIDEAWAY BAKERY

3377 E. Amazon (behind Mazzi's). 868-1982.
Organic artisan breads made in a wood-fired brick oven. Local farm ingredients used in breads & pastries. Organic coffee & espresso. Breakfast sandwiches available from 8am-11am weekdays & 8am-noon weekends. Bistro-style lunch served from 11am daily. 7am-6pm M-Sa, 7am-4pm Su. \$.

★ BEST BAKERY—SAVORIES, BEST BAKERY—SWEETS (3RD)

HUMBLE BAGEL BAKERY

2435 Hilyard St. 484-4497.
Serving freshly baked breakfast pastries, cookies, breads & bagels, made on premises. Café serves breakfast: Eggs, French toast, bagel scrambles. Lunch: Soups, salads, quiche, sandwiches & special entrées daily. Take-out. LG. Wheelchair accessible. 6:30am-5pm M-F, 7am-5pm Sa & Su. MC/V. \$-\$\$.

LE PETIT GOURMET BAKERY

449 Blair Blvd. 485-1377.
Fine pastries, cakes, cookies, pies. 7am-9pm daily. MC/V. \$.

MARCHE PROVISIONS

296 E. 5th Ave. (5th St. Market) 743-0660.
Espresso, pastries, artisan breads, cakes, confections, housemade ice cream, dell sandwiches, pizza by the slice & whole, salad bar, salumi, wine bar, draught beer, take-out. 8am-7pm M-Sa, 9am-5pm Su. All major cards. \$.

MASTER DONUTS

1159 Mohawk Blvd., Spfd. 741-8033.
3177 Gateway, Spfd. 988-5991.
Serving donuts & coffee, feat. drive-thru window. 5am-3pm M-F, 5am-12:30pm Sa, 6:30am-12:30pm V/MC. \$.

METROPOL BAKERY

2538 Willamette St. 465-4730.
Serving European-inspired tortes, cakes, pies & tartlets, mousse, crèmes & all-butter croissants, Danishes & scones. Dell sandwiches featuring hearth-baked artisan breads: chicken salad, hearty & housemade soups, chicken pot pie & three cheese macaroni & cheese. Full espresso bar & smoothies. 7am-7pm M-Sa, 8am-6pm Su. MC/V. \$-\$\$\$.

★ BEST BAKERY—SAVORIES (2ND)

MOM'S PIES

1133 Willamette St. 484-6667.
Hand-rolled pies, sandwiches on Dave's Killer Bread, homemade soups. 10am-6pm M-F, noon-5pm Sa. D/V/MC. \$.

MORNING GLORY CAFÉ

See Cafes

NOISETTE PASTRY KITCHEN

200 W. Broadway. 654-5257.
noisettepk.com
European-influenced, ingredient-driven, pastry cafe using local & seasonal ingredients. Hand-crafted sweet & savory pastries, cakes & cookies. Hearty sandwiches & healthy salads. Gluten-free options. Beer & wine by the glass, bottle or to go. Outdoor seating. Catering, private parties, wedding cakes. 8am-7pm M-Th, 8am-8pm Fr-Sa. All major cards. \$.

★ BEST BAKERY—SWEETS (2ND)

PALACE BAKERY

844 Pearl St. 484-2435.
Offering hand crafted confections, hot soup & house-made sandwiches daily. Palace quiche, special order creations available. Vegetarian options available. Proudly offering Full City coffee. 7:30am-5:30pm M-Sa, 7:30am-2:30pm Su. MC/V. \$-\$\$\$.

SWEET LIFE PÂTISSERIE

755 Monroe St. 683-5676.
Serving decadent desserts, morning pastries, éclairs, tartlets, cheesecakes, pies, cookies, bars, brownies, sorbetto, gelato, Coconut Bliss, savorys & holiday specialties. Many egg, dairy & animal-product-free alternatives. Some OG. Wheelchair accessible. 7am-11pm M-F, 8am-11pm Sa & Su. MC/V/D. \$.

★ BEST BAKERY—SWEETS

VOODOO DOUGHNUT

20 E. Broadway. 868-8666.
voodoodoughnut.com
Serving doughnuts, doughnuts & more doughnuts: Eugene cream, bacon maple bar, Captain My Captain (with Cap'n Crunch), Dirt doughnut (with Oreos), Tangfantastic & many many more. Coffee & beverages, too. Open 24 hours daily. Cash only.

Barbecue

BBO KING

1810 Willamette St. 654-0307.
Serving authentic Southern-style barbecue. Ribs, chicken, rib tips, tri-tip sandwich, chicken sandwich, hot link sandwich, rib basket, rib dinner, chicken dinner, fries, catfish, Southern food. LG. Noon-10pm Tu-Su. All major cards. \$.

COUNTRY INN EVENT CENTER BY CRAVINGS

4100 Country Farm Rd. 345-7344.
Open to the public Wed. & Thur. nights through October: Live jazz, BBQ, full bar, beer, wine. Indoor & patio seating. No cover. 5pm-9pm W & Th. MC/V/AE. \$-\$\$\$\$.

HOLE IN THE WALL

3200 W. 11th Ave. 683-7378.
1807 Olympic St., Spfd. 726-1200.
Serving lunch & dinner: Smoked brisket of beef w/ Bullwacker sauce, hand-shredded barbecued pork & smoked turkey breast sandwiches, pork ribs,

Chocolate Chia Pudding

BY BEVERLY LYNN BENNETT, AUTHOR OF CHIA: USING THE ANCIENT SUPERFOOD

Eugene chef Beverly Lynn Bennett has authored several cookbooks, but it was this dessert that kickstarted her most recent publication, *Chia: Using the Ancient Superfood*. Since 2005 Bennett, who has been a vegan for 26 years, has published eight books, including four for the "Complete Idiot's Guide" series. She writes a monthly dairy-free dessert column for *VegNews* magazine, and one of those columns contained her recipe for chia pudding. It was that recipe that caught the eye of a publisher based on The Farm in Summertown, Tennessee, known for publishing vegetarian and vegan cookbooks and health and wellness books.

Bennett says this chia pudding can be enjoyed any time of day, as a dessert, a snack or even for breakfast. If chocolate for breakfast isn't your thing, it's flexible. Try making it with any flavor of non-dairy milk that you like, such as mint, vanilla,

strawberry, green tea, pumpkin spice or eggnog. Make it with cow's milk, if you wish.

Chef Bennett says this recipe holds up really well, making it great to take to that next vegan potluck, and it can be made in larger amounts than she suggests in the book — use a quart of non-dairy milk instead of just 2 cups, for instance. "It's really easy to make," she says, "and it's really filling and so yummy!"

Yield: 2 cups, 4 servings

2 cups chocolate non-dairy milk such as almond milk, soy milk or coconut milk beverage
2 tablespoons agave nectar
1/2 teaspoon agave nectar
1/3 cup chia seeds
Topping options: cacao nibs, coarsely chopped nuts, unsweetened shredded dried coconut, sliced strawberries or red raspberries

Put the non-dairy milk, agave nectar and vanilla extract in a medium bowl and whisk until well combined. Add the chia seeds and whisk until well combined. Let thicken for 10 minutes. Whisk the mixture again to break up any clumps of chia seeds.

Put the mixture in the refrigerator until the chia seeds swell and thicken the mixture to a pudding like consistency, about 1 hour.

Evenly divide the pudding among four bowls. Serve immediately or refrigerate. Garnish with one or more of the topping options as desired.

Chocolate-Mint or Carob Chia Pudding: Replace the chocolate non-dairy milk with chocolate-mint or carob non-dairy milk.

Vanilla Chia Pudding: Replace the chocolate non-dairy milk with vanilla non-dairy milk and add an additional 1/2 teaspoon of vanilla extract.



PHOTO BY BEVERLY LYNN BENNETT

ice cream

cakes

cupcakes

fruit tarts

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