



Steelhead & Polenta at Planktown

PHOTO BY TRASK BEDORTHA

CAFÉ SHEILAGH

1043 Hwy. 99 N, Cottage Grove. 942-5510.
Offering gourmet breakfast & lunch with cocktail, wine & beer service. Pastries & organic coffee. Brunch menu on Sundays includes special omelettes, various eggs benedict, smoked salmon, cassiolette & much more! Dinner F & Sa starting at 5pm & by reservation any night. Catering & private party bookings available. 8am-2:30pm Tu-Su, 5pm-8:30pm F-Sa. MC/V/DC. \$-\$\$\$\$.

OLD WORLD DELI

341 SW 2nd St., Corvallis. 752-8549.
Serving breakfast & lunch. 11am-9pm M-Sa, 11am-4pm Su. MC/V. \$.

UPTOWN BISTRO

48175 E. First St., Oakridge. 782-4000.
oakridge-lodge.com
Closed for the season, but open in April. Offering traditional bistro menu including steak, roasted chicken, smoked pork chop, cedar plank salmon, small plates, housemade breads, desserts & pasta. Craft beers & NW wines. Enjoy dining on our patio near the wood-fired oven. Reservations accepted. 4-9pm Th-Su. \$-\$\$\$\$.

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 entrees. Open 11am-10pm Tu-F, 9am-10pm Sa, 9am-9pm Su. MC/V. \$\$.
★ BEST COCKTAILS (3RD)

Delis

BARRY'S ESPRESSO BAKERY & DELI

2805 Oak St. 343-6444.
804 E. 12th Ave. 343-1141.
Serving Jewish & N.Y. bakery style food: challah, rye, bialys, knish, cheesecake, black & whites, matzo ball soup, Hungarian mushroom, creamy tomato & many others. Deli sandwiches, quiche, the breakfast sandwich, breakfast sweets, all day treats, all made in-house. Serving organic coffee & espresso. Wheelchair accessible.

Oak St. hours: 6:30am-6pm M-Sa, 7:30am-5pm Su. Campus hours: 6:30am-midnight M-Sa, 10am-6pm Su. Some cards. \$.

BIG TOWN HERO

3215-A W. 11th Ave.
Hot & cold sandwiches made on homemade white, wheat & onion bread. Soup, salad & panini sandwiches. Specializing in office party events. 10am-8pm M-F, 11am-7pm Sa & Su. V/MC/AE. \$.

BROADWAY, THE

See American

CAPELLA MARKET DELI

25th & Willamette. 345-1014.
capellamarket.com
Made-to-order sandwiches, espresso drinks, teas & organic juices. Fresh daily vegetarian & meat-based entrees, sides, appetizers & soups. Call to order box lunches, party trays & kitchen-made food for small & large events. Take-out. Limited seating. Some OG/LG. Wheelchair accessible. 8am-10pm daily. MC/V/AE/D. \$-\$\$.

CEDAR CREEK MEATS & PROVISIONS

47482 Hwy. 58, Oakridge. 782-5969.
Delicatessen offering smoked meats & cheese, house-made salads. In-house bakery provides baguettes, rolls, cheesecakes & other desserts. Also NW beer & selection of wine available. 11am-7pm Tu-Su. \$-\$\$.

CORNUCOPIA

See Cafes

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 & salad bar, deli entrees & made-to-order sandwiches at the South Store. Pre-packaged Grab & Go meals, two soups daily & baked goods offered at both stores. Meat, vegetarian & vegan options. Seating areas at both stores. Wheelchair accessible. OG/LG. South: 9am-9pm daily. North: 7am-9pm daily. All cards except AmEx. Mostly sold by weight. \$\$.
★ BEST LOCAL FOOD STORE (3RD)

FALLING SKY'S POUR HOUSE DELICATESSEN

790 Blair Blvd. 653-9167.

JAZZIE'S DELI

1869 Pioneer Pkwy. East, Spfd. 747-8090.
facebook.com/jazziesdeli
Deli sandwiches, burgers, beer & all lottery games. Local produce/meats. Take-out. 10:30am-10:30pm Su-W, 10:30am-10:30pm Th-Sa. MC/V. \$.

JIFFY MARKET WINE & DELI

3443 Hilliard St. 342-4552.
Serving breakfast, lunch & dinner: Sandwiches, soups, salads, hamburgers, fish & chips, burritos. Handmade soups, draft beer, wine by the glass. Self-serve. Take-out. Smoking on the deck. 42" plasma TV. Some OG/LG. Wheelchair accessible. 8am-9pm M-F, 8:30am-9pm Sa, 8:30am-5pm Su. MC/V. \$-\$\$.

JIMMY JOHN'S GOURMET

495 7th Ave. 505-9079.
3336 Gateway, Spfd. 747-2000.
2502 Willamette St. 357-4701.
jimmyjohns.com
Subs & club sandwiches served on choice of fresh-baked French bread or 7-grain wheat, delivery. 10am-10pm M-Su. D/V/MC. \$.

THE KIVA

125 W. 11th Ave. 342-8666.
kivagrocery@yahoo.com
Eugene's downtown & locally owned grocer since 1970; organic, natural & gourmet foods, deli w/over 150 cheeses, large selection of deli meats & sandwiches made to order, daily soups, lunch specials & freshly made salads, custom box lunches, espresso, coffee, teas & kombucha on tap. Veg & gluten-free options, local & organic produce/meats. 8am-8pm M-F, 9am-8pm Sa-Su. \$.
★ BEST LOCAL FOOD STORE

MARCHE PROVISIONS

See Bakeries

PITA PIT

1087 Willamette St. 485-5595, 1425 N.W. Monroe, Corvallis. 738-PITA.
Serving lunch & dinner: Pitas stuffed w/alfalfa, steak, gyros, turkey, chicken & a variety of other selections. Choose your own toppings & sauce.

Delivery, 11am-midnight Su-Tu, 11am-3am W-Sa. No checks. \$.

QUIZNOS SUBS

864 Bellline Rd., Spfd. 744-2998, 1573 SW 53rd St., Corvallis. 752-1600, fax 752-2316.
700 NE Circle Blvd., Ste 103, Corvallis. 753-7827, fax 753-6769.
Serving lunch & dinner: Sub sandwiches, fresh soups & salads made daily. Vegetarian entrees, catering available. Delivery now available: \$8 minimum order, \$2 delivery fee. Order online at quiznos.com or phone it in. LG. 10am-9pm M-Sa, 10am-8pm Su. All major cards. \$.

RED BARN NATURAL DELI

357 Van Buren St. 342-7503.
Fresh hot soups & daily hot entrée special. Made to order & grab & go sandwiches featuring Dave's Killer Bread. Baked goods, salads, locally made Julie's Organic Ice Cream & Luna & Larry's Original Coconut Bliss by the scoop, shake or sundae. Raw juices & nut nectars, organic coffee & tea bar. Vegan options available. Some OG/LG. 8am-7pm All major cards. \$.

SUNDANCE NATURAL FOODS

748 E. 24th Ave. 343-9142.
Vegetarian (mainly vegan) organic buffet: Salad bar, prepared salads, raw food dishes, hot entrees, soups & chili. Also whole grain organic cookies, cakes & other treats, w/wheat & gluten-free options. Organic coffee & tea. OG/LG. Wheelchair accessible. 7am-11pm daily. All major cards. \$.
★ BEST LOCAL FOOD STORE (3RD)

TOGO'S GREAT SANDWICHES

2317 NW 9th St., Corvallis. 753-1444.
2501 S.W. Jefferson St., Mt. 737-2290.
Hot & cold sandwiches, soups & salads. Wheelchair accessible. 10am-10pm daily. MC/V/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 w/fresh made soups, salads & baked goods including the giant cookie, cheese bread & pizza sticks. Also now offering Healthy Kids' Meals. Wheelchair accessible. LG. 10am-8pm M-Sa, 11am-8pm Su. V/MC. \$.

WINE DEPOT & DELI

300 2nd Ave. SW, Albany. 967-9499. Fax 987-9454.
Sandwiches, soups, salads, desserts at the Two Rivers Market. Wine by the glass. 9am-8pm M-F, 9am-5:30pm Sa, noon-5pm Su. All major cards. \$-\$\$\$.

Food Carts

AFGHANI CUISINE AND GERMAN SAUSAGE FOOD CART

Saturday Market, 8th & Oak. 686-8885.
eugenestaturdaymarket.org
Serving shishkabobs, quabli, pilaf, bolani. 10am-5pm Sa. \$.

ALBEE'S N.Y. DOGS

Olive & Broadway. 344-0010.
Quarter-pound all-beef franks (\$4) in hoagie rolls. Toppings — as many as you want — include sauerkraut, sweet & dill relish, jalapeños, shredded cheddar, onions & bacon bits. Cans of soda, bags of chips. 9pm-3am W-Sa. No cards. \$.

BANGKOK GRILL

Saturday Market, 8th & Oak. 686-8885.
eugenestaturdaymarket.org
Serving pad thai, pork on a stick, vegetarian entrees. 10am-5pm Sa. \$.

BACON NATION

2777 Friendly St. 520-1869.
baconation.co
Serving diverse regional cuisine with a Northwest style, including bacony goodness in most menu offerings. Vegetarian options, local produce/meats. 11am-7pm Tu-Th at Healthy Pet, 4pm-10pm W at Oakshire Public House, F-Sa hours vary.

BBQ KING

See Barbecue

CART DE FRISCO

Oakway Center. 345-0206.
UO Bookstore.
Serving lunch: Charbroiled Frisco chicken sandwich, salad, Thai noodles or skewer w/homemade sauces & seasoning. A Eugene original recipe. Oakway Center: 11am-3pm M-Sa. Campus: 11am-3pm M-F. No cards. \$.

COALESCE JUICERY & WHOLE FOODS KITCHEN

725 Olive St. 619-993-0526.
Healthy food, vegan, breakfast & lunch, smoothies, juices, desserts, salads, soups. \$-\$\$.

COMFORTS MOBILE CUISINE

37 W. 13th Ave. 337-7447.
World comfort food. Artisan sandwiches, soups, seasonal specialties. Local & organic whenever possible. On-site catering for special events. Checks & major cards. noon-4pm M-F. \$.

COUSIN JACK'S PASTY COMPANY

1226 Kincaid St. 686-3211.
cousinjackspasty.com
Selling hand-held savory meat & veggie pies using all organic vegetables, produce & meats from local growers/ranchers including Kneep Deep Cattle Co., sausage & apple rolls, pie-wrapped hot dogs. 8am-3:30pm M-F. \$.

DA NANG VIETNAMESE EATERY

868-7823. facebook.com/danangeatery
Serving up Viet-NOMS inspired by Vietnamese street food. Build your own dishes from choices like grilled meats, tofu, rice noodles, or the weekend special banh mi. Catch us at local breweries & wineries around town. Follow @danangeatery on Facebook, Instagram & Twitter to stay updated on times & locations. Open W-Sa. All major cards. \$.
★ BEST FOOD CART

DANA'S CHEESECAKE BAKERY

Saturday Market, 8th & Oak. 852-6832.
eugenestaturdaymarket.org
Homebaked cakes, locallyroasted organic coffee, delicious hot chocolate, refreshing iced tea, stimulating iced coffee & iced mochas, served to you by Dana & family each week, at the Eugene Saturday Market for over 30 years. 10am-5pm Sa. \$.

EDIBLE IMPROV

Saturday Market, 8th & Oak. 686-8885.
eugenestaturdaymarket.org
Serving sweet & savory crepes, cookies, espresso. 10am-5pm Sa. \$.

THE GREEN PLOW JUICERY

27th & Friendly St. facebook.com/thegreenplowjuicery
Freshly made organic juices, smoothies, steamed juices, shots, super foods, Juicicles (frozen fruit popsicles) and specialty hot drinks. Support for juice cleanses at credibles.co/offering/green-plow. Produce sourced from local farms first. Family-friendly setting w/covered seating area & sand box. Vegan, gluten-free, organic, local produce. 8am-5pm M-F, 10am-5pm Sa. Credit cards accepted. \$.

I SCREAM FOR WAFFLES

iscreamforwaffles.com
Sweet & savory menu items, including house-made ice cream, liege waffles, chicken & waffle cones & waffle burgers. \$-\$\$.

KALANI'S

1968 W. 6th Ave. 870-5278.
Good food fast. Authentic Hawaiian-style chicken, pork, mahi-mahi, stir fries, curry & more. 11am-4pm M-F.

LANI MOKU GRILL

777 W. 6th Ave.
Authentic Hawaiian kine grinds from the 808 to the 541. \$.

THE LEMONADE GOURMET

Saturday Market, 8th & Oak. 686-8885.
eugenestaturdaymarket.org
Serving fresh-squeezed lemonade, drinks. 10am-5pm Sa. \$.

LONGCHES TO GO

901 River Rd. 461-7920.
Tacos, taquitos, tostadas, quesadillas, chilaquiles & much more. Asada burritos, sopas, enchilada plates. Vegetarian options. Call ahead for pick-up orders. 10:30am-7:30pm M-Sa. D/V/MC. \$.

LULU'S SMOOTHIES

Saturday Market, 8th & Oak. 686-1215.
eugenestaturdaymarket.org
Providing delicious & nutritious smoothies & lemonade for Saturday Market patrons since 1971. We support local, vegan, raw & sustainable practices. Do you? Better yet — do you LuLu? 10am-5pm Sa. \$.

KUN FUSION GRILL

facebook.com/KunFusionGrill
Korean-Mexican fusion; Korean BBQ in burritos & tacos. 11am-2pm Tu & F. \$-\$\$.
★ BEST FOOD CART (3RD)

MAMA MAYRA'S KITCHEN

1845 W. 11th Ave. 606-1823.
Quality homemade Mexican food: tortillas, meats & options for vegetarians & meat lovers. 11am-7pm M-Sa. \$.

MASALA

Saturday Market, 8th & Oak. 686-8885.
eugenestaturdaymarket.org
Serving chicken & vegetable curry, chicken & vegetable thripiti, pan-fried noodles, chai tea. 10am-5pm Sa. \$.

MONDO FORCELLA

777 W. 6th Ave.
Gourmet Italian food specializing in Old World style pizza. \$.

MOTHER SHIP FOOD CART

285 W. 6th Ave. 870-1158.
Breakfasts, burgers, tacos, burritos, brisket, Asian & Hawaiian foods, teriyaki beef bowls. Come try our famous bacon cheeseburger. Outside seating or dine inside on the Mother Ship bus. Local meats & baked goods. 8am-5:30pm M-F, 8am-3pm Sa. \$-\$\$.

NAVARRO'S LATIN CREOLE KITCHEN

facebook.com/navarrolatincreolekitchen
Latin & New Orleans-inspired dishes. \$.

NICE RICE

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

PREM ROSE EDIBLES

Corvallis Winter Market, Benton County Fairgrounds. 895-3665.
Organic, fair trade chocolates & organic rose petal jam. Specials, events & sales posted at twitter.com/premroseedibles 9am-1pm Sa.

POPPI'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.

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; Blairly late nights F-Sa. \$.

RENAISSANCE PIZZA

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

RIITTA'S BURRITOS

Saturday Market, 8th & Oak. 686-8885.
eugenestaturdaymarket.org
Serving made-to-order, generously filled burritos & monthly specials. We use organic beans & other fresh & local ingredients. Owned & operated by Ritza since 1978, we are found every Saturday at

More than just coffee...
WANDERING GOAT COFFEE CO.
268 madison st., eug.
wanderinggoat.com
OPENS EARLY
CLOSES LATE

ORGANIC PUMPKIN SEED OIL
Bright, concentrated pumpkin flavor.....
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