



Organic | Vegetarian & Vegan | Breakfast & Lunch

MORNING GLORY CAFÉ

450 Willamette St. | 7:30am-3:30pm Every Day
morninggloryeugene.com | 541-687-0709

Lane
SBDC
Food & Beverage
Business Management Program

Understand and Sustain Your Business Successfully
Identify Your Priorities and Grow Your Business
Focus on Your Strengths and Develop Additional Skills

Nine, Three-hour Class Sessions, Peer Interaction, and
One On-site Coaching/Evaluation Session per Quarter.

Space is limited for Fall session
Call 541.463.6200
LanesBDC.com

AMERICA'S SBDC OREGON

Lane Community College

Educational Programs and Specialized Services for Small Business and Entrepreneurs

Lane Small Business Development
An equal opportunity/affirmative action institution
"Funded in part through a Cooperative Agreement with the U.S. Small Business Administration, Oregon Business Development Department, and Lane Community College."

SBA Your Small Business Resource

business oregon

Four PLUS 3 KOREAN BBQ

Selection of BBQ meats and seafood cooked on a griddle table in front of you

- Handmade Tofu
- Soft Tofu Stew
- Aged Kimchi Stew
- Homemade Fried Dumplings
- Seafood or Kimchi Pan Cake

Vegetarian options include bibimbap served cold or on a hot sizzling stone pot and soft tofu stew

*Most of our meat dishes can be substituted with tofu

All You Can Eat Special \$19.99 Pork Belly and Beef Brisket

Lunch Specials Starting at \$7.99

NEW HOURS
TUES - THURS 11:30 - 8:30 • FRI - SAT 11:30 - 9:30 • SUN 1:00 - 8:00
2130 West 11th Ave. Eugene • 541.505.8744 • fourplus3.com

RESTAURANT Chow! LISTINGS

Word is

Rain Northwest officially joined the Eugene dining scene May 20 at 1190 City View Street. On its website, it bills itself as "Pacific Northwest cuisine," adding that it utilizes "locally sourced products and vendors to give Eugene something fresh." The dinner menu includes "red wine raspberry ribeye," "grape jus tomahawk pork chop" and "rainbow trout scampi," with a couple of vegetarian entrée options. Learn more about Rain Northwest at rainnw.com.

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. \$.

ZINGARO

777 W. 6th Ave. Burgers, hot dogs, fries, salads & wraps. \$.

Indian

CRAZY CURRY

102 Thomson Ln. 968-7687.
Authentic Indian curry, lamb wraps, fried rice, naan. 11:30am-4pm M-Th, 11:30am-7pm F. \$.

EVERGREEN INDIAN CUISINE

1525 Franklin Blvd. 343-7944.
136 SW 3rd St., Corvallis. 754-7944.
Serving lunch & dinner, traditional Indian dishes. Lunch: 11:30am-2:30pm, dinner 5-9:30pm daily. V/ MC. \$\$\$-\$\$\$.

★ BEST INDIAN

LEELA'S KITCHEN

418 A St., Spfd. 228-8327.
Fresh-cooked plates of vegetarian Indian food served daily for lunch. 11:30am-1:30pm M-F, 3-7pm F. \$.

NIRVANA

1945 NW 9th, Corvallis. 738-0487.
Wheelchair accessible. Some OG/LG.

POPPI'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+. 11:30am-9pm M-Th, 11:30am-10pm F, 11:30am-3pm & 5-10pm Sa, 5-9pm Su. MC/V. \$\$.
★ BEST INDIAN (3RD)

TASTE OF INDIA

2495 Hillyard 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. 10:30am-2pm & 5-9:30pm Tu-F, 11am-2pm & 5-9:30pm Sa-Su. MC/V/AE. \$\$\$-\$\$\$\$.

★ BEST INDIAN (2ND)

International

BRUNO'S CHEF'S KITCHEN

3443 Hillyard St. 687-2433.
brunoschefs-kitchen.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. \$\$\$-\$\$\$.

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. 9am-8:30pm daily. V/MC. \$.

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. 11:30am-4pm & 5-9pm M-Sa. V/MC/D/AE. \$-\$\$.

KOHO BISTRO

2101 Bailey Hill Rd., Ste. 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. 4-9pm Tu-Th, 4-10pm F-Sa, 4-9pm Su. AE/V/MC. \$\$\$

LOCAL BOYZ HAWAIIAN CAFÉ

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

NOVAK'S HUNGARIAN RESTAURANT & CATERING

2306 Heritage Way SE, Albany. 967-9488.
Traditional Hungarian specialties: Chicken paprikas, kolbasz, cabbage rolls. Vegetarian entrées. In-house bakery. Novak's also offers catering for events & special occasions. Wheelchair accessible. LG. 11am-9pm M-Tu, 7am-9pm W-Su. MC/V/AE/D. \$\$\$.

OFF THE WAFFLE

2540 Willamette St. 515-6926. 840 Willamette St. 654-4318. offthewaffle.com
Serving authentic liege waffles, a classic Belgian treat. 8am-8pm Su-Th. 8am-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. \$-\$\$.

RIVERVIEW MONGOLIAN GRILL

230 NW 1st St., Corvallis. 754-8402.
Pick your own vegetables, sauces & meats, prepared before your eyes. 11am-8pm Su-Th, 11am-9pm F & Sa. V/MC. \$\$.
★ BEST COCKTAILS (2ND)

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. 11:30am-2pm M-F, 5-9pm M-Th, 5-10pm F-Sa. AE/D/V/MC. \$\$\$.

★ BEST COCKTAILS (2ND)

SUNSET CART

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

TRADEWINDS CAFE & CATERING CO.

418 A St., Spfd. 653-9133.
tradewindscfe.com
Mostly Mediterranean cuisine, but known to have weekly specials featuring food from around the world. Unique soups & baked goods. Choices for omnivore, vegetarian, vegan & gluten-free diets. 11am-9pm Tu-F, noon-9pm Sa. \$.

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.
Featuring pastas, meats, salads & wood-fired pizzas & calzones. Daily specials, creative, seasonal cocktails & seven beers on tap (including seasonal special). Extensive, award-winning wine list & wine by the glass. 4:30pm-close M-F, 5pm-close Sa-Su. MC/V/AE. \$\$\$-\$\$\$\$.

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. 5-9pm Su-Th, 5-10pm F-Sa. MC/V. \$\$\$-\$\$\$.

★ BEST ITALIAN

COUNTRYSIDE PIZZA & GRILL

See American

DOUGH CO.

1337 Hillyard 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. \$\$\$-\$\$\$\$.

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)

NATALIA & CRISTOFORO'S ITALIAN DELI

351 NW Jackson St. Corvallis, OR 97333. 752-1114.
Funky Italian deli featuring a variety of meats & cheeses sliced to order. Italian products & gourmet sandwiches/paninis served in a cozy atmosphere. Deli trays & catering available. Featuring an exclusively Italian wine cellar in which wine classes are hosted. \$\$, 11am-3pm M-Sa.

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/DC. \$-\$\$.

PLACIDO'S PASTA SHOP

150 Shelton McMurphey Blvd. #103. 687-6445.
Focusing on sustainable, local organic practices. Offers fresh organic dishes prepared with love & integrity. Salads, noodles, raviolis & desserts. 11am-9pm Tu-F, 4-9pm Sa-Su. \$-\$\$.

Japanese

541 SUSHI BAR

898 Pearl St. 654-8171.
Two-dollar sushi plates. 11am-9pm daily. \$.

AOMATSU JAPANESE RESTAURANT

122 NW 3rd St., Corvallis. 752-1410.
Full sushi bar, lively atmosphere. Friendly sushi chefs entertain you. Lunch, dinner & lots of specials. Noodles, tempura, BBQ, teriyaki & more. Lunch: 11:30am-2:30pm M-F. Dinner: 5pm-10pm M-Sa. V/MC/DC/AE. \$\$\$.

IZAKAYA MEIJI COMPANY

345 Van Buren. 505-8804.
Japanese style tavern serving small plates, noodles, cocktails, sake, desserts & more. 5pm-1am daily. \$\$.
★ BEST COCKTAILS, BEST RESTAURANT, BEST HAPPY HOUR (3RD)

IZAKAYA OYAZI

259 E. 5th Ave. (458) 201-7433.
Japanese, tapas style food & drink. \$\$\$-\$\$\$\$.

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 (2ND)

KAMITORI MASA'S KITCHEN & BAKERY

1044 Willamette St. 686-3504. kamitori10.com
Traditional Japanese cuisine, baked goods, 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. \$-\$\$.

MAKOTO JAPANESE RESTAURANT

1167 Willamette St. (458) 201-7403.
Sushi; Korean and Japanese cuisine. 11am-10pm Su-Th, 11am-11pm F & Sa. \$\$\$-\$\$\$.

MAME

541 Blair Blvd. 654-4378.
Oregon sushi; local produce; menu changes daily. 5-9:30pm Tu-Th, 5-10pm F & Sa, 5-9pm Su. AE/D/V/MC. \$\$\$-\$\$\$.

★ BEST SUSHI

MARU ASIAN TAPAS BAR & LOUNGE

1769 Franklin Blvd. 636-3169.
Asian fusion including Japanese, Korean, seafood, sushi & tapas. Seating for 200+. 11:30am-2:30pm & 4-10pm daily. All major cards.

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-2:30pm & 4-9pm M-F, 11am-10pm Sa, noon-8pm Su. All major cards. \$\$\$-\$\$\$\$.

MISO

686 E. 13th Ave. 434-1001.
11am-10pm M-Sa.

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. 11am-9pm M-Th, 11am-9:30pm F, 4-9:30pm Sa. Some cards. \$\$\$-\$\$\$.

★ BEST SUSHI (3RD)

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. 11am-2:30pm & 5-9:30pm M-F, noon-9:30pm F, 5-9:30pm Su. All major cards. \$\$\$-\$\$\$.

★ BEST SUSHI (2ND)

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-10pm 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. 11:30am-9:30pm M-Th, 11:30am-midnight F-Sa, 4:30-9:30pm Su. MC/V/D. \$\$\$-\$\$\$.

TERIYAKI BOY

844 E. 13th Ave. 653-8726.
Stir fry, rice, wonton soup. \$-\$\$.

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-8:30pm Mo-Sa. D/V/MC. \$.

TOSHI'S RAMEN

1520 Pearl St. 683-7833.
Serving lunch & dinner. Shoyu, miso & shio noodles. Gyoza, fried rice, stir-fry, teriyaki chicken, cold noodles, cold ramen salad. Vegetarian entrées. Take-out. LG. Lunch 11am-3pm M-Sa. Dinner 5pm-9pm M-Sa. V/MC. \$-\$\$\$.

UNAMI SUSHI

4205 Main St., Spfd. 505-8962.
Famous for sushi burritos. Dine in at bar, outside on patio tables or try drive-thru for convenience. Full sushi bar, nigiri, sashimi & rolls as well as delicious marinated Fuji apple chicken teriyaki. 11am-8pm M-Sa, 11am-9pm F. All major cards. \$-\$\$.