

# Dine Local Eat Local

*Changing the world one meal at a time*

Sponsored by

**Chinook Book**



# Eat Local



**LOCAL** Finding locally grown, healthy food just got easier and more fun with Dine Local Eat Local. From restaurants, cafés and coffee shops to farmers markets and u-pick stands – celebrate the bounty of northwest farms.

## Why eat locally grown foods?

When you buy directly from local farmers, your dollar stays within the community and strengthens the local economy. More than 90¢ of every dollar you spend goes to the farmer, preserving valuable farmland and protecting farming as a livelihood.

As mergers in the food industry have increased, the portion of your food dollar paid to farmers has decreased. Vegetable farmers earn only 21¢ of your dollar; the other 79¢ goes to pay for marketing, distribution, and other costs.

## Ten ways to eat locally

1. Shop weekly at your local farmers market or farm stand
  2. Join a Community Supported Agriculture (CSA) farm and get weekly deliveries of the season's harvest
  3. Buy from local grocers and co-ops committed to stocking local food
  4. Support restaurants and food vendors that buy locally produced food
  5. Preserve food from the season—freeze, can, dry—to eat later in the year
  6. Throw a “Locally-Grown Party” and serve all local food
  7. Grow your own food in your garden or community garden plot
  8. Visit local farmers and u-picks
  9. Ask your grocer or favorite restaurant what local foods they carry
  10. **For more information visit the website: [www.eatlocal.net](http://www.eatlocal.net)**

**Where can you buy locally grown produce, dairy, meats, poultry and fish?**

Locally grown and harvested products can be purchased directly from the farmer at farmers markets, farm stands, u-picks, or through a Community Supported Agriculture (CSA) farm. Locally grown products can also be bought at restaurants, co-ops, and grocers that buy directly from farmers, ranchers and fishermen.

Farms that offer CSA shares can be found at [www.pacsac.org](http://www.pacsac.org) and farms that allow you to pick your own fruits and vegetables are listed at the *Tri-county Farm Fresh Produce Guide*: [www.tricountyfarm.org/oregon\\_upick.asp](http://www.tricountyfarm.org/oregon_upick.asp).

## **General Seasons of Availability**

# Portland and Eugene area Farmers Markets

MARKET	LOCATION	DAY, HOURS	SEASON
<b>PORTLAND AREA</b>			
<a href="#">Alberta Farmers Market</a>	NE 15th & Alberta	Sat, 10am-2pm	May-Nov
<a href="#">Beaverton Farmers Market</a> www.beavertonfarmersmarket.com	Hall Blvd, btw 3rd & 5th Ave	Sat, 8am-1:30pm Wed, 3pm-6pm	May-Oct June-Aug
<a href="#">Canby Farmers Market</a>	1st St, btw Ivy & Grant	Sat, 9am-1pm	May-Oct
<a href="#">Cedar Mills Farmers Market</a> www.cmfmarket.org	13565 NW Cornell Rd	Sat, 8am-1pm	May-Sep
<a href="#">Eastbank Farmers Market</a> www.ebfm.org	Hinson Church Parking Lot, SE 20th & Salmon	Thur, 3:30-7:30pm	Jun-Sep
<a href="#">Estacada Farmers Market</a>	3rd & Broadway	Sat, 9am-1pm	May-Oct
<a href="#">Fairview Farmers Market</a>	1300 Village St	Thur, 4-8:30pm	Apr-Oct
<a href="#">Gresham Farmers Market</a> www.greshamfarmersmarket.com	3rd St, btw Miller & Main	Sat, 8:30am-2pm	May-Oct
<a href="#">Hillsboro Farmers Market</a> www.hillsboromarkets.org	Courthouse Square, 2nd & East Main	Sat, 8am-1pm	May-Oct
	NW Cornell & Orenco Station Pkwy	Sun, 10am-2pm	May-Oct
	Courthouse Square, 2nd & East Main	Tues, 5-8:30pm	Jun-Aug
<a href="#">Hillsdale Farmers Market</a> www.hillsdalefarmersmarket.com	Wilson High/Rieke Elementary	Sun, 10am-2pm	May-Mar
<a href="#">Hollywood Farmers Market</a>	NE 44th & Hancock	Sat, 8am-1pm	May-Oct
<a href="#">Interstate Farmers Market</a>	Overlook Park, 3800 N. Interstate Ave	Wed, 3-7pm	May-Sep
<a href="#">Lake Oswego Farmers Market</a> www.ci.oswego.or.us	Millennium Park, 1st & Evergreen	Sat, 8am-1pm	May-Oct
<a href="#">Lents Community Market</a>	9117 Foster Rd	Sat	Jun-Oct
<a href="#">Milwaukie Farmers Market</a>	SE Main, btw Harrison & Jackson	Sun, 9:30am-2pm	May-Oct
<a href="#">Oregon City Farmers Market</a>	270 Beavercreek Rd	Sat, 9am-2pm	May-Sep
<a href="#">Peoples Farmers Market</a>	3029 SE 21st Ave	Wed, 2-7pm	year round
<a href="#">Portland Farmers Market</a> www.portlandfarmersmarket.org	PSU, SW Broadway & Montgomery	Sat, 8:30am-2pm	Apr-Dec
	Park Blocks, SW Salmon	Wed, 10am-2pm	May-Oct
	Ecotrust, NW 10th & Johnson	Thur, 4-8pm	Jun-Aug
<a href="#">Scappoose Farmers Market</a>	Columbia Ave & 1st	Sat, 9am-2pm	Apr-Sep
<a href="#">Sherwood Farmers Market</a>	Veterans Park in Old Town	Sat, 9am-1pm	May-Oct
<a href="#">Tigard Area Farmer's Market</a> www.tigardfarmersmarket.com	Hall Blvd & Oleson Rd	Sun, 9am-2pm	May-Oct
<a href="#">Vancouver Farmers Market</a> www.vancouverfarmersmarket.com	Esther St, btw 6th & 8th	Sat, 9am-3pm Sun, 10am-3pm	Apr-Oct
<a href="#">West Linn Farmers Market</a>	1725 Willamette Falls Dr	Wed, 3:30-8:30pm	May-Oct
<b>EUGENE/SPRINGFIELD AREA</b>			
<a href="#">Cottage Grove Grower Market</a>	7th & Main	Sat, 9am- 3pm	May-Oct
<a href="#">Lane County Farmers Market</a> www.lanecountyfarmersmarket.com	E 8th & Oak St	Sat, 9am-4pm	Apr-Nov
	E 8th & Oak St	Tue, 10am-3pm	May-Oct
	796 West 13th Ave	Thur, 2am-7pm	Jun-Sep

For a complete listing of Oregon farmers markets, visit [www.eatlocal.net](http://www.eatlocal.net).



Cover image provided by Greg Higgins. Other images provided by John Rizzo.

# Dine Local

Enjoy the best northwest fare at these featured restaurants.

## N/NE Portland



*Bridges Cafe & Catering*  
Bridges Cafe & Catering  
2716 NE Martin Luther King Jr Blvd.  
503-288-4169

**Coupon** "A welcoming neighborhood café serving a creative menu of delicious food made from high quality ingredients. Friendly, knowledgeable and efficient service."

Colosso  
1932 NE Broadway St.  
503-288-3333



"Spanish tapas & wine. Quality dishes, desserts & specialty cocktails made with local ingredients. Late night, everynight. Catering available."

Fife  
4440 NE Fremont  
971-222-3433  
[www.fiferestaurant.com](http://www.fiferestaurant.com)



"Fife serves regional American cuisine. We use local, organic products from sustainable Oregon farmers and ranchers."

### Foxfire Teas

4605 NE Freemont St.  
503-288-6869  
[www.foxfireteas.com](http://www.foxfireteas.com)



**Coupon** "A fun, relaxing modern tea bar that serves organic teas, freshly made sandwiches and salads, and locally made pastries."

### Gotham Bldg. Tavern

2240 N Interstate Ave.  
503-235-2294  
[www.ripecpdx.com](http://www.ripecpdx.com)

"The Tavern offers hearty and delicious fare three meals a day, six days a week. Our chefs marry a world of culinary influences with the incredible depth and variety of product available in the Pacific Northwest."

### Mint

816 N Russell  
503-284-5518  
[www.mintrestaurant.com](http://www.mintrestaurant.com)



**Coupon** "Mint offers NW Cuisine with a Latin accent in chic, intimate historic North Portland. 820 Lounge and deck available for cocktail classes and private parties."

Featured restaurants were surveyed about their practices in using:

1. Locally-grown, organic or sustainably-certified produce
2. Sustainably-harvested seafood
3. Dairy and meat products grown without the use of hormones or antibiotics

— Information available at [www.chinookbook.net](http://www.chinookbook.net)

Many restaurants also have a coupon in Chinook Book, and those are indicated with the icon below.



= Chinook Book Coupon

The short descriptions in quotes were furnished by the restaurants themselves.

### Navarre

10 NE 28th Ave.  
503-232-3555



"The food has integrity, freed from the traditional multi-course structure. Count on a high-caliber dinner that's affordable and quality wines by the glass or carafe."

### Taqueria Nueve

28 NE 28th Ave.  
503-236-6195  
[www.taco9.com](http://www.taco9.com)

"Providing authentic tastes of Southern Mexico using the freshest ingredients available."



Tin Shed  
Garden Cafe

1438 NE Alberta St.  
503-288-6966  
[www.tinshedgardencafe.com](http://www.tinshedgardencafe.com)



"We're a come-as-you-are neighborhood café that feels more like community than commerce. Enjoy our outdoor dining, complete with fireplace and garden."

### ¿Por Qué No? Taqueria

3524 N Mississippi Ave.  
503-467-4149

"Providing vibrant flavors, colors and the attitude of Mexico, the food is prepared with fresh, local, high quality ingredients and served in a clean and expressive space."

### ripe

722 N Page  
503-235-2294  
[www.ripecpdx.com](http://www.ripecpdx.com)

"family supper is just that...diners come together for one seating per night to share heaping platters of food at communal tables in a well hidden, yet charming, open kitchen."



Vita Café  
3024 NE Alberta St.  
503-335-8233



**Coupon** "Serving community with a fun menu providing seasonal style ingredients, locally grown or produced. Very kid friendly. Variety of outside dining."

## Buy Chinook Book!

available at New Seasons Market and other local retailers.

# NW Portland

## Andina

**1314 NW Glisan St.**

**503-228-9535**

[www.andinarestaurant.com](http://www.andinarestaurant.com)

"Andina, the *Oregonian's* 2005

Restaurant of the Year, offers Portland's best cebiches, some of its most innovative food along with mouthwatering cocktails and an extensive wine list."

## Bastas Trattoria

**410 NW 21st Ave.**

**503-274-1572**

[www.bastastrattoria.citysearch.com](http://www.bastastrattoria.citysearch.com)

"Bastas uses organic and locally grown produce and fish. Serving every night; offering full bar, lounge and outdoor seating."

## Bluehour



**250 NW 13th Ave.**

**503-226-3394**

[www.bluehouronline.com](http://www.bluehouronline.com)

"Bluehour serves the finest in French and Italian cuisine — featuring local ingredients and the freshest flavors — set in a chic and sophisticated atmosphere."

## Caffe Mingo

**807 NW 21st Ave.**

**503-226-4646**

"Simple Italian dining in a rustic atmosphere. Delicious food using quality vegetables and the finest local meats and fish."

## D.F.

**1139 NW 11th Ave**

**503-243-4222**

[www.taco9.com](http://www.taco9.com)

"Pacific Northwest Mexican cuisine."

## Paley's Place

**1204 NW 21st Ave.**

**503-243-2403**

[www.paleysplace.citysearch.com](http://www.paleysplace.citysearch.com)

"The daily discoveries, new ideas, and the constant search for great ingredients close to home define our commitment in working with local farmers, growers and purveyors."

## Park Kitchen

**422 NW 8th Ave.**

**503-223-7275**

[www.parkkitchen.com](http://www.parkkitchen.com)

"We are a small 40-seat restaurant providing an updated tavern experience."



## Ristorante Fratelli

**1230 NW Hoyt St.**

**503-241-8800**

[www.fratellicucina.com](http://www.fratellicucina.com)

"Regional Italian dining. Small, intimate candlelit tables with an emphasis on quality ingredients and simplicity."

## Wildwood Restaurant & Bar

**1221 NW 21st Ave.**

**503-225-0130**

[www.wildwoodrestaurant.com](http://www.wildwoodrestaurant.com)

"More than 10 years of Cooking from the Source. Wildwood Restaurant supports local farms, environmentally sound agriculture, and sustainable farming."

# SE Portland

## Assaggio

**7742 SE 13th Ave.**

**503-232-6151**

[www.assaggiorestaurant.com](http://www.assaggiorestaurant.com)

"Assaggio is an Italian restaurant located in the Sellwood neighborhood. We are open for dinner only, Monday through Saturday."

## Café Castagna

**1758 SE Hawthorne Blvd.**

**503-231-9959**

"Café Castagna offers casual European and American food with a friendly warm atmosphere, affordable, diverse wine list and casual service."

## Calendula A Natural Café

**3257 SE Hawthorne Blvd.**

**503-235-6800**

[www.calendula-cafe.com](http://www.calendula-cafe.com)

**Coupon** "Calendula is an entirely vegan, organic cafe featuring a gourmet menu with living foods and other dietary preference options."

## Caprial's Bistro

**7015 SE Milwaukee Ave.**

**503-236-6457**

[www.caprialandjohnskitchen.com](http://www.caprialandjohnskitchen.com)

"Neighborhood Bistro offering seasonally changing menus, focusing on the freshest ingredients and worldly flavors."

## Castagna

**1752 SE Hawthorne Blvd.**

**503-231-7373**

[www.castagnarestaurant.com](http://www.castagnarestaurant.com)

"Castagna is a casually elegant restaurant with a French and Italian inspired menu prepared with the finest, freshest local ingredients."

## clarklewis

**1001 SE Water Ave.**

**503-235-2294**

[www.ripepdx.com](http://www.ripepdx.com)

"The *Oregonian's* 2004 restaurant of the year. Morgan Brownlow cooks memorable rustic Italian fare; all pasta is handmade daily, meats cured in-house, produce hailing from local organic farms."

## Detour Cafe

**3035 SE Division St.**

**503-234-7499**



**Coupon** "A casual neighborhood breakfast and lunch place featuring custom baked frittatas, great sandwiches and thin crust pizza. Open daily 8am-4pm."

## Farm Caf  

**10 SE 7th Ave.**

**503-736-3276**

"Pacific Northwest cuisine, seasonal rotating menu, local organic produce, wine list, cocktails, micro-brews."

## Genies

**1101 SE Division St.**

**503-445-9777**



"Southeast locals flock to this cheerful brunch spot and bright cafe on Division for its innovative egg dishes, scrumptious hotcakes and cocktails."

## Genoa

**2832 SE Belmont St.**

**503-238-1464**



[www.genoarestaurant.com](http://www.genoarestaurant.com)

"Preset dinners in the northern Italian style in a quiet, intimate setting. Menus rotate every three weeks. Source from local farms and purveyors. Established in 1971."

Gino's  
Restaurant & Bar  
8051 SE 13th Ave.  
503-233-4613



"True and 'slow food' in tradition and technique in an unhurried atmosphere also featuring one of the cities best wine lists."

Imbibe  
2229 SE Hawthorne Blvd.  
503-239-4002  
[www.takeitin.com](http://www.takeitin.com)



**Coupon** "Creative cocktail recipes, unique bar food and a hip bar scene shakes things up on Hawthorne."

Jam on Hawthorne  
2239 SE Hawthorne Blvd.  
503-234-4790

**Coupon** "Vegetarian and vegan fair. Organic Stumptown coffee. Sourced from local producers whenever possible."

Kalga Kafé  
4147 SE Division St.  
503-236-4770



**Coupon** "By using organic ingredients the Kalga Kafé puts the quality of our food as a priority above simple restaurant food cost equations. Dishes are prepared from scratch with patient, family style preparation."

Lauro Kitchen  
3377 SE Division St.  
503-239-7000  
[www.laurokitchen.com](http://www.laurokitchen.com)

"Lauro is a 54-seat, neighborhood restaurant that reflects chef/owner David Machado's simple and authentic cooking style and his insistence on using the freshest locally grown sustainable ingredients available."

Noble Rot Wine Bar  
2724 SE Ankeny St.  
503-233-1999  
[www.noblerotpdx.com](http://www.noblerotpdx.com)

"Noble Rot presents an evolving menu of complementary food and wine. Our private dining room seats up to 24 people."

Nostrana  
1401 SE Morrison  
503-234-2427

"Nostrana, meaning ours and local, revolves around the fire. Throughout you find local produce and seasonal ingredients."

Paradox  
Palace Café  
3439 SE Belmont St.  
503-232-7508



**Coupon** "Since 1993 we've served the community with a wholesome 'diner style' menu. Using local, organic ingredients. Serving mostly vegan meals."

Redwing Coffee & Baking  
1700 SE 6th Ave.  
503-445-9900  
[www.redwingcoffee.com](http://www.redwingcoffee.com)

**Coupon** "We are a worker-owned café serving house roasted, organic and fair trade coffee, and homemade baked goods. We have a boomin' lunch and are over 50 percent women-owned."

Sapphire Hotel  
5008 SE Hawthorne Blvd  
503-232-6333  
[www.thesapphirehotel.com](http://www.thesapphirehotel.com)

"Sapphire Hotel: a romantic, neighborhood restaurant/bar that serves classic cocktails & Mediterranean food in a rich, red, non-smoking atmosphere."

Three Doors  
Down Café

1429 SE 37th Ave.  
503-236-6886  
[www.3doorsdowncafe.com](http://www.3doorsdowncafe.com)



"Offers tasty Italian-influenced dishes and extensive list of fine wines and cocktails in an elegant and cozy style."

## SW Portland

Baker & Spice  
6330 SW Capitol Hwy  
503-244-7573  
<http://bakerandspice.us>

"A scratch bakery specializing in all butter pastries, rustic breads, sandwiches and desserts, utilizing seasonal local ingredients."

Bijou Café  
132 SW 3rd Ave.  
503-222-3171

"A Portland institution for 26 years pioneering sustainable, local and organic produce, meats and eggs. Breakfast and lunch served by a knowledgeable staff."

Capitol Coffeehouse &  
Bistro  
6446 SW Capitol Hwy.  
503-297-1455  
[www.capitolbistro.com](http://www.capitolbistro.com)

**Coupon** "Cutest neighborhood bistro this side of Provence. Seasonal selections, wine, cocktails and the best Cheese Board in Portland. A perfect escape from the norm."



Carafe  
200 SW Market St.  
503-248-0004

"A Parisian-style bistro features traditional fare elevated by products from local food artisans. Lunch Monday-Friday; Dinner Monday-Saturday."

Corbett  
Fish House  
5901 SW Corbett Ave. *Portland, Oregon*  
503-246-4434



"Portland's best fish and chips - gluten-free and following the guidelines of the Monterey Bay Aquarium sustainable seafood watch."

Heathman Restaurant & Bar  
1001 SW Broadway  
503-790-7752  
[www.heathmanhotel.com](http://www.heathmanhotel.com)

"James Beard award-winning chef Philippe Boulot showcases his Normandy influenced French cuisine here in the Pacific Northwest."

Higgins Restaurant & Bar  
1239 SW Broadway St.  
503-222-9070  
[www.higgins.citysearch.com](http://www.higgins.citysearch.com)

"Higgins Restaurant is committed to producing the best quality food, by using local, organic and sustainable products whenever possible."

Marco's Cafe  
7910 SW 35th Ave.  
503-245-0199  
[www.marcoscafe.com](http://www.marcoscafe.com)

"Breakfast served all day, new dinner menu nightly, fresh homemade desserts, all organic coffee and espresso provided by Equal Exchange."



Mother's  
Bistro & Bar



409 SW 2nd Ave.  
503-464-1122

[www.mothersbistro.com](http://www.mothersbistro.com)

"Mother's serves home-style, slow-cooked dishes such as pot roast, chicken & dumplings and meatloaf, featuring specials from a different mother each month."

Peanut Butter  
& Ellie's



4405 SW Vermont St.  
503-282-1783

[www.peanutbutterellies.com](http://www.peanutbutterellies.com)

**Coupon** "We are the original kid's café serving a wholesome, healthy menu using organic, sustainable and always-fresh food products."

Red Star Tavern & Roast  
House

503 SW Alder St.  
503-222-0005

[www.redstartavern.com](http://www.redstartavern.com)

"Portland's favorite gathering place, Red Star Tavern & Roast House offers an inspired menu of regional American classics, hand-crafted cocktails and fun!"

Rivers Restaurant  
at the Avalon Hotel  
and Spa

0470 SW Hamilton Ct.  
503-802-5850

[www.avalonhotelandspa.com](http://www.avalonhotelandspa.com)

"An elegant but casual fine dining restaurant with exceptional river views, featuring NW cuisine with a Classic French flair."



Saucebox

214 SW Broadway  
503-241-3393  
[www.saucebox.com](http://www.saucebox.com)

**Coupon** "Saucebox serves Hawaii regional and Pan Asian cuisine. We strive to create a menu that takes advantage of as much of our local produce, fish and meats as the cuisine will allow."



Saucebox

Southpark  
Seafood Grill  
& Wine Bar

901 SW Salmon St.  
503-326-1300  
[www.southpark.citysearch.com](http://www.southpark.citysearch.com)



"Southpark Seafood Grill & Wine Bar draws upon the freshest Northwest seafood and produce available to create dishes inspired by the culinary traditions of the Mediterranean."

Three Square  
Grill

6320 SW Capitol Hwy.  
503-244-4467  
[www.threesquare.com](http://www.threesquare.com)



"A neighborhood restaurant featuring handcrafted food, organic and sustainably raised products from local farmers and producers."

Veritable Quandary

1220 SW 1st Ave.  
503-227-7342  
[www.veritablequandary.com](http://www.veritablequandary.com)

"VQ offers an eclectic menu that highlights seasonal produce. Depending on the season, diners enjoy the glass-walled atrium, cozy upstairs dining room or lush outdoor seating."

## Portland Outlying

Bob's Red  
Mill Whole  
Grain Store



5000 SE International Way, Milwaukee  
503-607-6455  
[www.bobsredmill.com](http://www.bobsredmill.com)

**Coupon** "Featuring Bob's Red Mill stone ground whole grain foods for every meal of the day."

Maggie's Buns

2007 21st Ave.,  
Forest Grove  
503-992-2231



**Coupon** "Great food, great staff at great prices and none of it comes out of a box. Serving breakfast, lunch, and dinner."

Tualatin River  
Nursery &  
Coffee House



65 Dollar St., West Linn  
503-650-8511  
[www.tualatinrivernursery.com](http://www.tualatinrivernursery.com)

**Coupon** "Café features local and sustainable produce offering salads, soups, panini sandwiches. Illy espresso bar and elixir tonics using fresh herbs."

## Multiple Locations

Burgerville

[www.burgerville.com](http://www.burgerville.com)  
39 locations throughout



Oregon and SW Washington.

**Coupon** "Founded in 1961, Burgerville offers a diverse menu of items made with fresh, seasonally available, Northwest-sourced ingredients."

Daily Cafe

1100 SE Grand Ave.,  
503-234-8189  
902 NW 13th Ave.,  
503-242-1916



**Coupon** "Daily Café is a Food Alliance partner dedicated to serving fresh, seasonal food at reasonable prices."

Grand Central

1444 NE Weidler St.,  
503-288-1614  
3425 SW Multnomah Blvd., 503-977-2024  
2230 SE Hawthorne Blvd., 503-232-0575  
7987 SE 13th Ave., 503-546-3036  
[www.grandcentralbakery.com](http://www.grandcentralbakery.com)



**Coupon** "Grand Central Bakery - Food Alliance partner. Proudly serving Portland neighborhoods artisan breads, pastry, and lunches for over 10 years."

Hot Lips Pizza

1909 SW 6th Ave.,  
503-224-0311  
NW 10th and Irving,  
503-595-2342  
2211 SE Hawthorne, 503-234-9999  
4825 SW 76th Ave., 503-297-8424  
[www.hotlipspizza.com](http://www.hotlipspizza.com)



**Coupon** "Hot Lips works directly with local farmers to bring the fresh, consciously grown seasonal harvest to their pizzas, salads, sandwiches and even soda!"

## Laughing Planet Café



3320 SE Belmont St., Laughing Planet  
503-235-6472  
3765 N Mississippi St. 503-467-4146  
760 Blair Blvd, Eugene 541-868-0668  
[www.laughingplanetcafe.com](http://www.laughingplanetcafe.com)

**Coupon** "Way more than the best burrito you've ever tasted. Wholesome, convenient and reasonably priced food that's good for you, good for the planet and good for your wallet."

## Noodlin'

3404 SE Hawthorne  
Blvd, 503-445-9525  
3487 SW Cedar Hills  
Blvd, 503-924-1444



**Coupon** "Noodlin' is a fast casual noodle based concept using local, fresh, organic ingredients for all our dishes, all folded in exceptional service."

## Papa Haydn



5829 SE Milwaukie  
Ave., 503-232-9440  
701 NW 23rd Ave., 503-228-7317  
[www.papahaydn.com](http://www.papahaydn.com)

"A Portland institution with a gallery of desserts that taste as good as they look. Papa Haydn prides itself on using fresh, local ingredients."

## Tao of Tea

239 NW Everett St., 503-224-8455  
2112 NW Hoyt St., 503-223-3563  
3430 SE Belmont St., 503-736-0119  
[www.taooftea.com](http://www.taooftea.com)

**Coupon** "International teahouse promoting the art of tea and serving international cuisine."

## Urban Grind Coffee

2214 NE Oregon St.,  
503-546-0649  
911 NW 14th, 503-546-5919  
[www.urbangrindcoffee.com](http://www.urbangrindcoffee.com)



**Coupon** "Experience the pleasure of fresh roasted coffee, loose leaf organic teas and delicious food in a relaxed, unhurried environment."

## Eugene/Springfield

### Adam's Place and LUNA



30 E Broadway  
541-344-6948  
[www.adamsplacorestaurant.com](http://www.adamsplacorestaurant.com)

**Coupon** Eugene's fine dining restaurant, and, right next door, visit Luna Jazz, known as one of the finest small music venues in the region.

### Ambrosia Restaurant & Bar

174 E Broadway  
541-342-4141  
[www.ambrosiarestaurant.com](http://www.ambrosiarestaurant.com)

Ambrosia features regional Italian cuisine and an extensive wine list of Italian and Oregon wines.

### Bene Gourmet Pizza

225 West Broadway, 541-284-2700  
4 Oakway Center, 541-284-2701  
2566 Willamette, 541-284-2702  
[www.benegourmet.com](http://www.benegourmet.com)

Gourmet pizza made with sustainable, local ingredients served in a casual atmosphere.

## Café Lucky Noodle

207 E 5th Ave.  
541-484-4777  
[www.lucky noodle.com](http://www.lucky noodle.com)



**Coupon** Serving traditional American breakfast, authentic Italian and Asian pastas, organic coffee, homemade gelato and specialty cocktails.

## Café Soriah

384 W 13th Ave.  
541-342-4410  
[www.soriah.com](http://www.soriah.com)

Elegant yet casual atmosphere coupled with warm Mediterranean hospitality, marvelous dining and an extensive wine list.

## Café Yumm

1801 Willamette, 541-431-0204  
Fifth St. Market, 541-484-7302  
130 Oakway Center, 541-225-0121  
[www.cafeyumm.com](http://www.cafeyumm.com)

Soul-satisfying and deeply nourishing gourmet rice and bean dishes, soups and salads served at several locations in Eugene.

## Cozmic Pizza

199 W 8th Ave.  
541-338-9333  
[www.cozmicpizza.com](http://www.cozmicpizza.com)

Handmade pizza using fresh ground flour, organic and gourmet meats, cheeses and produce from family farms.

## Glenwood Restaurants

1340 Alder St., 541-687-0355  
2588 Willamette St., 541-687-8201

Award-winning food in a casual setting. Called "Eugene's best breakfast" by Where Locals Eat and In-Town Magazine.

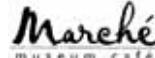
## Laughing Planet Café



760 Blair Blvd  
541-868-0668  
[www.laughingplanetcafe.com](http://www.laughingplanetcafe.com)

**Coupon** Way more than the best burrito you've ever tasted. Wholesome, convenient and reasonably priced food that's good for you, good for the planet and good for your wallet.

## Marché Café



296 E 5th Ave.  
541-683-2260  
[www.marcherestaurant.com](http://www.marcherestaurant.com)

**Coupon** Marché Café is dedicated to using local ingredients in season to create memorable meals that celebrate the Northwest.

## Mazzi's Restaurant



3377 E Amazon Dr.  
541-687-2252, [www.mazzis.com](http://www.mazzis.com)

**Coupon** Family-owned, celebrating 35 years of cooking the Italian-Sicilian foods of Papa Mazzi and our family.

## Ring of Fire Restaurant and Catering

1099 Chambers St.  
541-344-6475  
[www.ringoffirerestaurant.com](http://www.ringoffirerestaurant.com)

Fine dining restaurant and lounge serving family style cuisine of the Pacific Rim at lunch and dinner.

## Zalaya

839 Lincoln Ave.  
541-349-9181

Zalaya is the ultimate European dining experience and rewards its customers with local and organically sustainable products.