

# Food on the Go: A Roadside Guide to Eco-Healthy Eating



One of the most perplexing travel questions is “where should we eat?” When we’re away from the familiar food haunts of home, it can be a daunting task to figure out which places offer a good meal and which are dives. Never mind finding places that offer locally grown, sustainably grown or organic food.

Fortunately, whether you’re making a quick stop at the drive-thru, “grazing” at the local food coop, or looking for a sit-down gourmet meal to celebrate your vacation, Oregon offers plenty of options – far too many to list, in fact. Here are a few suggestions though:

**Bend:** The Newport Avenue Market was a pioneer in offering local Oregon Country Beef (see pg. 4). DeVore’s Good Food and the local Wild Oats market have organics to go.

**Corvallis:** Nearly Normal’s, Intaba’s Kitchen and the First Alternative Coop are places to go for eco-healthy food, as is Calabaloo’s on the OSU Campus where you can find organic Oregon beef and local fruits and vegetables.

**Eastern Oregon:** Organic products are offered in Pendleton (Local Harvest Natural Foods), La Grande (Nature’s Pantry), and at the Greater Baker Food Coop in Baker City.

**Eugene:** On the U of O campus, the Holy Cow Café is the only organic restaurant in a college student union food court. (They’re also fully vegetarian and mostly vegan.) Other cafés that offer organic items include Café Soriah, Café Zenon and the Keystone Café. The Marche Restaurant offers fine dining with a menu that features locally grown and gathered food. The Pizza Research Institute has organic pizza. Early risers might want to check out the Morning Glory Café and Bakery. Sundance Natural Foods has been a

local landmark since 1971; Cornucopia, Kiva, Friendly Foods and the Red Barn also offer ample grazing opportunities.

**Hood River:** Maui Meyer’s 6<sup>th</sup> Street Bistro is a member of the Chef’s Collaborative (see Portland, below). Just across the Columbia River in Bingen, Washington, Kathy Watson recently opened Viento, which serves locally grown lamb, fruits and vegetables, and natural beef and chicken.



Greg Higgins of Higgins Restaurant is a national leader in promoting sustainable cuisine.

**Oregon Coast:** On Yaquina Bay in Newport, check out Local Ocean, a restaurant/fish market that offers locally caught albacore and other fresh seafood. The Blackfish Cafe in Lincoln City is another great spot. You can find organic food stores all along the Coast, from the Brookings Natural Food Coop, to Gold Beach (Savory Natural Foods), to Bandon (Mother’s), to Coos Bay (Coos Head Food Store), to Florence (Salmonberry Natural Foods), to Newport (Oceana Natural Foods), to Lincoln City (Trillium Natural Foods), to Manzanita (Mother Nature’s), and the Astoria Coop.

**Portland:** The upscale Higgins Restaurant downtown has been a leader of the Chef’s Collaborative, a national organization promoting sustainable cuisine. Papa Haydn West, Paley’s Place, Caprial’s (of public broadcasting fame), Blue Hour, Gino’s, the Veritable Quandary,

and the Rivers restaurant at the Avalon Hotel are all members of the Chef’s Collaborative and pride themselves on using fresh, local ingredients, as do Wildwood, Navarre, Lotus Blossom and the Vita Cafe. For a quicker, more casual meal, grab a slice at Hot Lips Pizza, which uses local ingredients, or visit the Food for Thought Café on the PSU campus. You can also always just graze at Whole Foods downtown, or one of six New Seasons or seven Wild Oats markets around the city, or at local coops like Food Front in Northwest Portland, the People’s Coop in Southeast, or the Alberta Coop in Northeast. The Bijou Restaurant downtown is a local breakfast favorite.

**Rogue Valley:** Amuse Restaurant is a member of the Chef’s Collaborative, and Pangea and the Greenleaf Restaurant offer organic menu items. You can stop in at the Ashland Food Coop to gather your own goodies or at Harry and David’s in nearby Medford for fresh, locally grown fruit. Further on up I-5, you can find organic food at Rogue River Natural Foods in Rogue River and Sunshine Natural Foods in Grants Pass.

## **Yamhill County Wine Country:**

The Dundee Bistro is a member of the Chef’s Collaborative.

**Almost Anywhere:** If you’re in a hurry, you won’t find a better fast food option than one of 39 Burgerville locations in the Northwest, which offer fresh, local ingredients (see also pg. 4). (Oregon locations are limited to communities within an hour or so of Portland.) If you have the time to sit down for a casual meal, one of 50 McMenamin’s pubs (also offering local products) can be found as far east as Bend and as far south as Roseburg.



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