

the 2011

VANGUARD

Dining Guide





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Contents

<i>Farm fresh on campus</i> • • • • •	6	Goodbye gluten, hello flavor • • • • •	4
<i>Sandwich city</i> • • • • •	10	Feel good food • • • • •	5
<i>A moveable feast for every appetite</i> •	18	Special meals • • • • •	9
<i>How food stamps changed my diet</i> •	26	Reel 'm Inn Tavern • • • • •	14
<i>Delivery and takeout</i> • • • •	32	Not your traditional steak house • • • • •	15
		PSU's Rouge Brewery offers strange yet enjoyable brews •	16
		Burnside Brewing Company is a can't-miss destination • •	17
		The sweet life on campus • • • • •	24
		Baking as a skilled craft • • • • •	25
		Cheerfully cheap • • • • •	29
		Cricket Café • • • • •	30
		Vegan-friendly options • • • • •	31
		Secret spots • • • • •	34

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SARIA DY/VANGUARD STAFF



Goodbye gluten, hello flavor

Janievere Schnubel

SARIA DY/VANGUARD STAFF

Gluten-free options growing abundant

Gluten-free. Many people have been treating it like a lifestyle choice or a fad diet, but for some, it's a necessity. It's more than likely that you know

someone dealing with a digestive system that can't handle gluten—and for these people, its restaurants like the ones below that make life tastier and easier.

Mama Mia Trattoria

439 SW Second Ave.

Just off campus, Mama Mia Trattoria is home to a colorful menu filled with Italian salads, soups, pastas and pizzas. The multitude of affordable options—a full meal with soup or salad might run close to \$20—suit any palate and budget. With fresh

veggies, tender meats and delectable sauces, Mama Mia puts other places to shame.

It strives to accommodate all dietary restrictions, from vegan to gluten-free. Mama Mia offers gluten-free fusilli rice pasta as an alternative to the usually gluten-laden noodles and shells most Italian places rely on, albeit for an extra dollar and a total wait time of about 20 minutes. But this pasta is nearly indistinguishable from the rest of the menu, flavor-wise. It's a little saltier, if you really concentrate, but the texture, subtlety and shape hold up well.

Price range: \$8–18 per dish.

Cafe Yumm!

1806 SW Sixth Ave.

Located right on campus, Cafe Yumm! has a devoted following that sings its praises up and down Broadway. Its rice bowls, taken from Japanese and Korean dishes, catch the attention of anyone who enters the restaurant, and once the signature Yumm! sauce is added, it's all but impossible to say you're not hungry.

Most of it's dishes are naturally gluten-free, but as anyone dealing with an easily offended digestive system can tell you, you can't make assumptions about what is and is not in a dish. Luckily, Cafe Yumm! takes care of this ahead of time. Its savory Original Yumm! Sauce is vegan, low sodium and gluten-free. So step right on in and chow down at this campus gem.

Price range: \$5–10 per dish

Pastini Pastaria

1426 NE Broadway

For a fine dining experience on a college budget, Pastini is certainly

the way to go. With a menu containing both familiar and unusual dishes (cannelloni frutti di mare, anyone?), dining here is an experience worth having.

The wait staff definitely knows their stuff about gluten-free diets, too. If you bring it up, they'll take you through the menu, suggesting wheat-free spaghetti noodles or brown rice penne pasta. Where other restaurants might neglect to remind customers that meatballs are held together with breadcrumbs or that some sauces have a flour base, Pastini is careful not to make this mistake. With a few exceptions—pre-made dishes like lasagna, for example—they can generally get you what you want how you need it.

Price range: \$5–13 per dish

Lucky Spoon Frozen Yogurt

780 SW Jefferson St.

What better way to end your day than a tasty dessert? Lucky Spoon offers just this option. With frozen yogurt of all sorts of flavors ready to be served and smothered in toppings, the possibilities are almost limitless. As these many flavors and options are clearly labeled, it's nearly impossible to add something you don't want by accident.

While these options may not be vegan friendly, they're certainly gluten-free. Anything containing gluten will be easy to recognize, and the staff is always willing to answer any questions you might have. But with everything laid out in front of you, it should be impossible to not find something you like.

Price range: \$3–10 per dish, depending on weight 🍴



Feel good food

Peter Browning

CORINNA SCOTT/VANGUARD STAFF

Portland offers quality to those who need it most

There are three X's marking the outside of the Sisters of the Road Café. For most, the letters have no significant meaning. For some, they symbolize a place of welcome, warmth and even home. Many years ago, impoverished Portlanders marked the café; now Sisters uses the 'X' as a badge of honor, not just a logo.

It's just before 10 a.m. and 17 people are standing outside on a cold, sunny morning, waiting for the doors of Sisters to open for breakfast. For many of these people it may be their only hot meal of the day.

Thirty-two years ago, two social

workers decided to build on the foundational concept of "dining with dignity" and launched Sisters as a service for at-risk people in Portland. Sisters is a pseudo-restaurant that sells meals for just \$1.25 (\$1.50 with a drink), and allows people to work for their food if they don't have the cash. Just 15 minutes of work is enough to earn a meal, and 60 percent of the 220 meals that Sisters serves each day are paid for through their barter system.

Sisters operates with a budget of only \$3,000 a month, and according to Kris Soebroto, who works on the kitchen team, the café wouldn't exist

without community support. "About a year ago, B-Line Delivery began stopping by and delivering food from places like Whole Foods. We get first choice, and then they go to a few other spots downtown. We're really serving some pretty amazing food—because people are donating, definitely not because our budget allows it," Soebroto said.

Recently, Sisters received 800 pounds of Painted Hills grass-fed beef—a high-quality product featured proudly on many Portland restaurant menus. And thanks to community donations, Sisters is able to buy no-sugar-added juice and always tries to serve fresh vegetables and fruit.

One of the many volunteers at Sisters is Chad, who cleans the bathrooms and has been coming to Sisters to eat since the '80s for, among other things, the great food. "I like the atmosphere. It's homey," he said. "Seeing good friends everyday. I love volunteering my time."

It isn't just food that Sisters serves—they are also involved in community organizing. "We have a community school where folks learn leadership skills. We are having our second film festival in December. It's a place for friends and food, but also a place for opportunity," Soebroto said.

Another Portland organization dedicated to improving the homeless population's access to good food is P:ear (Project: Education Art and Recreation). Offering a full GED

program, P:ear supports homeless youth as they prepare for college with an extensive art program, recreational activities and outdoor outings once a month.

Joy Cartier, an assistant director with P:ear and one of its three founders, said that she loves the support the Portland community offers. P:ear has received donations of free event tickets for its clients, and received support from restaurants like Old Wives' Tales, Higgins, Poppo's, Vida Café, the Doug Fir and Grand Central Bakery.

When asked what the Portland community means to Cartier, her reply was simple: everything. "I don't think that P:ear could have succeeded anywhere else. Because we don't take any government funding, everything comes from the support of the community," Cartier said.

The nutrition of the children they serve is of the utmost importance to Cartier and her co-workers. "These are the kids who need the best nutrition but get the worst.

Because of the cost, things tend to be very carb-heavy," Cartier said. "We really have a wonderful working relationship with Woodstock Farmer's Market. In the last two years they have donated tons of produce to us—I mean crates. That's been a wonderful partnership for us."

The season of giving is around the corner, but these businesses that provide safety nets for those at risk are giving year round. For those who need it most, 'X' marks the spot. 🍴



CORINNA SCOTT/VANGUARD STAFF



farm fresh



ALL PHOTOS SARIA DY/VANGUARD STAFF



Each Saturday, more than 160 vendors and 10,000 people flock

on campus

to buy local produce, make a full lunch out of free samples and—most importantly—support local farmers.

Katrina Petrovich

Anna Curtin, education and events manager for the Portland Farmers Market, said that in order to have a coveted stall at the PSU market a vendor must meet very specific criteria.

Without exception, all stalls must sell food and food products only. Crafts, heavily processed foods and nationally-distributed packaged foods are strictly prohibited. Curtin also said that stalls for ethical and environmentally responsible farmers

are given top priority. Vendors must be local (from Oregon and South-west Washington) and produce a consistently high-quality product.

According to Curtin, the market especially focuses on offering a vast array of unusual products and promoting small producers with artisan-quality goods.

"We want the market to have things that you wouldn't find in a grocery store," Curtin said.

Mission accomplished. With one

winding loop through the market aisles, you can find homemade honeys and jams, grass-fed meats, incredibly cheap flowers and even locally made kimchi. The market offers everything, from pesto to pickles to gluten-free baked goods to vegan cheeses. Overall, the prices are a bit higher than at the average grocery store, but that doesn't mean screaming deals don't exist—Safeway can't touch \$15 for flats of peaches and 75

cents for market cucumbers.

Wandering through aisle after aisle of organic homemade food is bound to make one hungry. Luckily, the market also offers a medley of food carts to satisfy just about any craving.

Cafe Vélo and Spunky Monkey Coffee provide shoppers with espresso while they wait in line for a Salvador Molly's tamale or a Pine State Biscuits breakfast monstrosity. (A word of advice: If you have your heart set on trying a Pine State

creation, get in line early because their biscuit sandwiches sell out every Saturday.) Other hot food vendors include Via Chicago pizza, C'est Si Bon organic crêpes and



Tastebud pizza, salads and pitas. Located between Southwest Hall and Southwest Montgomery Streets, the market is open from 9 a.m. to 2 p.m. on Saturdays until it closes for the winter season on Dec. 17. The market will re-open the following spring on March 17. Three months without convenient local produce is unacceptable, you say? Chill out—starting this year, there will be a winter farmer's market in Shemanski Park.

For fall comfort, try shepherd's pie

Jenny Woodman
As autumn rolls around and the grill is covered for the winter, I begin to look forward to the one-pot dishes and stews that my family loves to eat in the fall season (not to mention the savory and comforting aromas these recipes fill my kitchen with). For simplicity's sake, shepherd's pie can't be beat. I initially started with Gordon Ramsey's recipe, but wanted to add some vegetables to make it a little healthier. Over the years, I have tinkered with this recipe and now

I think we have achieved our goal: a simple comfort food that is easy to make during the school- or work-week and unbelievably delicious. I hit the Portland State Farmers Market and found all the ingredients fresh from some of my favorite farms—mushrooms from Misty Mountain Mushrooms, grass-fed ground beef from Sexton Ranch, potatoes from Prairie Creek and produce from Winter Green Farm. Brown meat, drain and set aside. Sauté onion and carrot until soft. Add mushrooms and sauté until they have released moisture and become slightly golden. Add garlic and thyme; cook until fragrant (less than a minute). Add meat, tomato purée and flour; stir constantly for two to three minutes. Add wine and Worcestershire sauce; reduce by half. Add stock, bring to a boil, reduce and simmer for 30–40 minutes until thickened. Making mashed potatoes is easiest with a stand mixer, but they also come out very nicely when mashed by hand. Beat the potatoes until creamy and spread over the top of the pie filling. Rough the top of the pie with a fork. Bake at 400 degrees for 30 minutes, or until bubbly and golden. Eat and enjoy!

Shepherd's Pie

- 1 pound ground beef (or lamb)
- 4 1/2 cups chicken stock
- 2 cups onion, chopped
- 2 cloves garlic, finely minced
- 2 cups mushrooms, rinsed and sliced
- 1 large carrot, chopped
- 2 sprigs thyme
- 6 teaspoons butter
- 2 tablespoons tomato puree
- 2 tablespoons flour
- 1 cup dry red wine
- 1/3 cup Worcestershire sauce
- 2 tablespoons extra virgin olive oil
- Salt and pepper, to taste

Mashed potatoes

- 2 pounds Yukon gold potatoes, peeled and boiled
- 1/4 cup melted butter
- 5 ounces milk
- 2 egg yolks
- Salt and pepper, to taste



Mark your calendars for downtown Portland's first winter market

Jenny Woodman
The PSU famer's market will end Dec. 17, but there is good news for locavores and market fans: For the first time, Portland Farmer's Market will run a Saturday market through the winter months, from Jan. 7 through Feb. 25.

The winter market will be held at Shemanski Park, located behind the Portland Center for Performing Arts between Southwest Salmon and Main Streets. The market will run from 10 a.m. to 2 p.m. and will feature approximately 45 vendors.

This decision to brave the wet, cold winter weather was easy. PFM Communications Manager Mona Johnson explained that this was something PFM has wanted to do for a long time, urged on by customers and vendors alike.

PFM spent the last year scouting a suitable location for the weekly event, and Shemanski Park was ultimately selected because there is a pre-existing relationship between PFM and the city (PFM runs a Wednesday market at Shemanski Park that has been very successful) and because PCPA allows customers to utilize its restrooms and lobby area. Johnson said the smaller park— as opposed to the larger PSU market space—would create a livelier venue for customers and vendors to interact.

Robyn Williams, executive director

of PCPA, said that the center is more than happy to share their building with PFM because she believes the market “contributes to the vitality of downtown Portland.”

According to Deborah Pleva, the director of communications for PFM, there will be tents and a covered seating area to shelter shoppers from the weather. PCPA's Antoinette Hatfield Hall lobby will also be open to market-goers to warm up and relax by the lobby's inviting fireplace.

Need more to tempt you into venturing outdoors this winter? Although the list of participating vendors was not available at press time, market-goers can rest assured that they will find the familiar market fare: artisan cheeses, assorted meats including game, charcuterie, baked goods, vegan and gluten-free pastries, fresh eggs, myriad varieties of apples and pears, fresh cider and fresh fish.

“The produce vendors are expected to bring cold weather–tolerant leafy greens like kale, cabbages, broccoli and cauliflower. They will also have storage crops like potatoes, onions,” said Jaret Foster, senior market manager for PFM. “There will be leeks, herbs and other greenhouse produce as well.”

Johnson said that PFM aims for a 3:1 ratio of farmers to prepared food items, “so the vendors will be successful and the customers will be excited by the diversity and have the whole market experience—feeling a sense of community and conviviality, even in the dead of winter.” ☞



Omakase and Simpatica: Two Portland secrets worth knowing

Nicholas Kula

Special meals/eateries abound in Portland. Regardless of taste, every kind of eater can be accommodated in Portland's restaurant scene. In fact, Portland's culinary landscape is so diverse that it boasts a number of “special” dining options, some more well-known than others.

Omakase at Bamboo Sushi

This place isn't a secret to most of Portland's sushi aficionados, but chances are that you, college student, are not in on it. (Or you think you are, but not on the level that denotes prior omakase knowledge.)

We know now that omakase is available at sushi restaurants, so it must be some kind of seafood. In fact, omakase is the sea.

Meaning “it's up to you” in Japanese, omakase is the diner's way of letting the chef know that the experience is in his or her hands. Only the best sushi restaurants with properly trained sushi chefs offer this option, and you'll find omakase to be nowhere on the menu. As Bamboo is arguably the best sushi in Portland, this is a great chance to try it.

When you arrive at Bamboo, be sure to request seating at the sushi bar. Omakase requires bar seating; if you sits anywhere else, you will be informed that you need bar seating the second you utter the word.

So what should you expect?

Have you ever seen the TV show *Iron Chef*? It's a lot like that. The chef asks you what you don't want to eat, then prepares your meal one dish at

a time. Most often, this will be the freshest fish available, and some of it won't even be on the regular menu.

Before the chef lets you dig in, they explain each part of the dish—quite an experience for the lay diner! A recent omakase order yielded a succulent amberjack nigiri and a geoduck sashimi so fresh that it tasted like the air in my coastal hometown.

The bill, however, is a different story. The check my companion and I received came to \$122. Remember what your mother told you: If it's not on the menu, it's expensive.

Simpatica Dining Hall

If you want to talk exclusivity, let's talk about a restaurant that accepts no walk-ins.

Yes, you read correctly. Simpatica only lets you in if you have a reservation. How do you make a reservation? Simple. Subscribe to their email list and they'll email you the menu for that weekend. (Yes, they're only open on Friday and Saturday night for dinner.)

The beauty of Simpatica is that they have limited seating and never overbook. They only make enough food to feed the amount of people



that make reservations—no more, no less. If you show up without a reservation, you will be turned away.

So what should you expect?

Some of Portland's best food, bar none. Simpatica has been around for a while now, and people rave about it to this day. High-quality establishments seem so fly-by-night in Portland that if one sticks around, it's likely head-and-shoulders above the competition.

Communal seating reigns at Simpatica, so you will likely sit with people you don't know. A four-course dinner with drinks will run you upwards

of \$40 per person. Exclusivity and good food costs money. ☞

Suki's

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www.sukisbargrill.com

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Portland's best sandwiches, and then some

Jordan Burgess
Andrea Vedder

Sandwich city

ADAM WICKHAM/VANGUARD STAFF

There is seemingly no end to the sandwiches on offer in this town, which is why we embarked on this often satisfying, sometimes disappointing (and certainly wallet-lightening) tasting adventure on your behalf. With the firm belief that no Portlander should drop cash on a less-than-stellar lunch, we adopted a broad definition of sandwich (Wraps? Sure!) and tried dozens of local creations in search of the best.

Here are our selections for first place and second place in nine sandwich categories (deli, breakfast, burgers, grilled, turkey, pork, subs, wraps and banh mi), with a couple of honorable mentions thrown into the mix:

DELI

1. "The Classic"
Kenny & Zuke's
1038 SW Stark St.
Portland, OR 97205
503-222-3354
kennyandzukes.com



The Classic has the standard Reuben components: pastrami, sauerkraut, Swiss cheese, and Russian Dressing. What makes this sandwich irresistible, though, are the quality ingredients. With pastrami cured for seven days,

smoked for ten hours, then steamed for three hours, Kenny and Zuke's take artisan food to a new level. A Classic will set you back a steep \$13.45, but that's a small price compared to revelation one experiences upon biting into it.

2. "Rare Roast Beef"
Petisco
1411 NE Broadway St.
Portland, OR 97232
503.360.1048
petiscopdx.com



Petisco, a European-style restaurant committed to the freshest of ingredients, has perfected a deli staple: the roast beef sandwich. Petisco's Rare Roast Beef sandwich consists of thinly sliced roast beef, pan roasted red peppers, horseradish and a piquant Manchego cheese. What makes Petisco and their roast beef sandwich really stand out is that Tuesday through Saturday from 3 p.m. to 6 p.m. Petisco has a sandwich happy hour, when all sandwiches are only \$5.

BREAKFAST

1. "The Reggie Deluxe"
Pine State Biscuits
3640 SE Belmont St.
Portland, OR 97214

503-236-3346
pinestatebiscuits.com



Pine State's reputation was built on producing great-tasting biscuits. Now one couldn't mention Pine State without talking about The Reggie Deluxe, an \$8 biscuit sandwich with fried chicken, an egg anyway you like it, bacon and cheese, topped with incredibly rich sausage gravy. Show up early—on busy days you could wait in line for 30 minutes or more, and Pine State has been known to sell through its limited daily supply of fried chicken.

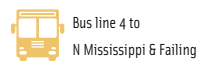
2. "Breakfast Sandwich"
Crema
2728 SE Ankeny St.
Portland, OR 97214
503-234-0206
cremabakery.com



A neighborhood favorite, Crema's Breakfast Sandwich is always worth the trip. Its simple ingredient list (melted cheese, brown sugar-glazed bacon and an egg on a ciabatta roll) allows you to taste the quality of each and every component of this classic breakfast sandwich.

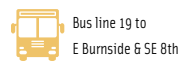
BURGERS

1. "Angry Rhino BBQ Burger"
Bar Bar
3939 N Mississippi Ave.
503-288-3895
mississippistudios.com



Bar Bar's classic cheeseburger (Cascade natural beef, tomato relish, lettuce, American cheese and secret sauce on a potato bun) is delish, but the Angry Rhino BBQ burger is where it's at: the house-made BBQ sauce is sweet and tangy, and the onion ring is its perfect complement. Add a slice of American cheese and your tab is \$7; sub a house-made, vegan burger and skip the cheese and you've got yourself an equally tasty, animal-free burger for \$6.50. Grab a side of fries and a beer float and catch a show at Mississippi Studios, which is in the next room.

2. "Burger"
Le Pigeon
738 E Burnside St
503-546-8796
lepigeon.com



Earlier this year, 30-year-old Le Pigeon chef and owner Gabriel Rucker

was named the James Beard Foundation's Rising Star Chef of the Year. Drop by his nationally-renowned restaurant right after opening and snag one of his limited-supply burgers for \$12—a small price to pay for the dining experience. Trust the beer and wine list and your server, and enjoy a nice night on the cheap.

GRILLED

1. "Green Bean"
Meat Cheese Bread
1406 SE Stark St.
Portland, OR 97214
503-234-1700
meatcheesebread.com



Committed to using local products, Meat Cheese Bread turns sandwiches into works of art, and their Green Bean sandwich is no exception. Deliciously grilled green beans, an entire soft-boiled egg, bacon relish, parmesan and aioli are delicately arranged in a sliced baguette, and with a price tag of only \$8, Meat Cheese Bread will become a weekly visit for any foodie.

2. "The Heartless Artichoke"
Tin Shed Garden Café
1438 NE Alberta Ave.

Portland, OR 97211
503-288-6966
tinshedgardencafe.com



Besides its beautiful patio and adorable storefront, the Tin Shed has a line stretching down Alberta on any given summer Sunday for another reason: its sandwiches. The Heartless Artichoke is a creamy blend of artichoke, parmesan, garlic, lemon and roasted red peppers, grilled with pepper jack cheese on a sourdough bun for \$8.75.

Weirdest: "The Original Cheesus"
Grilled Cheese Grill
1027 NE Alberta Ave.
Portland, OR 97211
503-206-8959
grilledcheesegrill.com



The Original Cheesus is a sandwich of intimidating stature. Two grilled cheeses—one containing pickles and American cheese, the other grilled onions and Colby jack—sandwich tomato, lettuce, ketchup, mustard and a 1/3 pound hamburger patty. This deadly combination costs \$8—a great price for a meal that could last you two days.

TURKEY

1. "The Witless"
Arleta Library Bakery Café
5513 SE 72nd Ave.
503-774-4470
arletalibrary.com



It simply doesn't get better than roasted turkey, thick-cut bacon, avocado, Monterey jack cheese, lettuce and tomato with honey mustard spread on fresh, whole wheat bread. The restaurant itself is charming and the wait staff is friendly. For the sandwich and some skillet potatoes, the grand total is a well-spent \$7.50.

2. "The Thanksgiving"
Otto's Sausage Kitchen
4138 SE Woodstock Blvd.
503-771-6714
ottossausage.com



It's exactly what you'd expect, for about half the price you'd guess: hot turkey, housemade stuffing, melted Swiss cheese, lettuce, cranberries, mayonnaise and cream cheese on toasted white bread for \$6.25. Otto's also makes all of its sandwiches available as halves, which means you can land a taste of this sucker for just \$3.65.

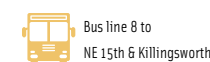
PORK

1. "Salapao"
Ping
102 NW 4th Ave.
503-229-7464
pingpdx.com



This has to be one of the most delicious plates in Portland. It's small—about equivalent to a half-sandwich—but it packs a punch. Rich, sweet and saucy shredded pork is wrapped in dough, steamed until lightly golden and topped with fried shallots. The salapao is regularly priced at \$4, but is also available during happy hour for a buck cheaper.

2. "Brian's Pulled Pork"
Podnah's Pit
1625 NE Killingsworth St.
503-281-3700
podnahspit.com



Everything a pulled pork sandwich should be. Squeeze bottles of spicy and vinegar sauces are readily available for your flavor-intensifying pleasure, and the beer list at Podnah's is commendable. This sandwich is \$10, and comes with your choice of side (potato salad, collard greens,

coleslaw, black-eyed pea salad, pinto or BBQ beans) and an unlimited and free supply of white onions and jalapenos.

Weirdest: “Porchetta Sandwich”
The People’s Pig
SW 9th Ave. & SW Alder St.
503-347-2357
thepeoplespig.com

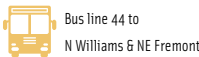


Bus line 9 to
SW 6th & Alder

Traditional porchetta is an entire gutted, deboned pig that is stuffed with layers of meat, fat, herbs and skin and roasted over an open fire. At The People’s Pig, porchetta is slightly more palatable to the uninitiated: A roasted pork loin that has been rolled and stuffed with housemade sausage. Thick, hot slices are laid on a fresh Fleur de Lis bakery roll and topped with either arugula or apples and cabbage. A serious must-try.

SUBS

1. “The Captain Nemo”
Brass Tacks Sandwiches
3535 N Vancouver Ave.
503-309-4412
brastackssandwichesllc.blogspot.com



Bus line 44 to
N Williams & NE Fremont

This is the kind of vegan sandwich that puts its meaty counterpart to shame. The house-made white bean “meatballs” deliver all the flavor of a beef or pork meatball, but without the brick-in-your-

gut sensation an hour later. The housemade marinara sauce is delicious, and the vegan garlic aioli is even better than cheese. At \$8 it’s not a steal, but is worth every penny.

2. “Meatball Parmigiano Hero”
Bunk Sandwiches
621 SE Morrison St.
503-477-9515
bunksandwiches.com

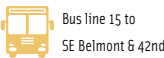


Bus line 6 to
SE Grand & Alder

Bunk Sandwiches and its new sister location, Bunk Bar (1028 SE Water Ave.), are the kings of Portland’s sandwich empire. This is a classic meatball sub, served nuclear-hot with perfectly broiled parmesan cheese on top. It goes down best with Kettle chips and a pint, an experience for which Bunk Bar can’t be beat.

WRAPS

1. “Norse Meatball Lefse Wrap”
Viking Soul Food
1930 NE Everett St.
Portland, OR 97232
503-704-5481
vikingsoulfood.com

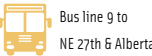


Bus line 15 to
SE Belmont & 42nd

The paper thin lefse is, on its own, enough to keep you coming back, but when a charming couple stuffs that lefse with freshly made Norse meatballs, a smoky cheese sauce and pickled cabbage, and sells it to you for only \$4.50, you’re hooked

for life at first bite. Double down and pick up two savory wraps for \$8, or choose dessert and grab a savory and a sweet wrap for just \$7.

2. “Buffalo Tofu Wrap”
Vita Café
3023 NE Alberta St.
Portland, OR 97211
503-335-8233
vita-cafe.com

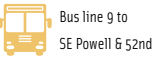


Bus line 9 to
NE 27th & Alberta

Vita Café is a vegan restaurant that will force any non-vegan to question their dietary choices. The Buffalo Tofu Wrap—a whole wheat tortilla stuffed with fried tofu covered with a spicy buffalo sauce, lettuce, tomato and vegan ranch dressing—is the café’s coup de grâce and tastes better than any buffalo chicken wrap around.

BANH MI

1. “BBQ Pork”
An Xuyen Bakery
5345 SE Foster Rd.
503-788-0866
anxuyenbakery.com

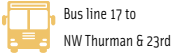


Bus line 9 to
SE Powell & 52nd

An Xuyen Bakery is almost indisputably the finest banh mi deli in Portland. They make their own baguettes, they have more than a dozen sandwich options and everything on the menu is under \$4. Add jalapenos for free and get

an extra kick. The desserts here are also worth a try—giant chocolate and red velvet cupcakes for only \$1.50, and fresh sugared donuts for just 75 cents. Limited seating available.

2. “Pork Meatball”
Lela’s Bistro
1524 NW 23rd Ave.
503-719-4744
lelasbistro.com



Bus line 17 to
NW Thurman & 23rd

Lela’s makes a mean banh mi sandwich. The bread is fresh, the mayonnaise is garlicked and the kim chi is in no short supply. These may cost a dollar or two more than your average banh mi sandwich, but Lela’s still comes in at the relatively low lunch price range of \$4 to \$5. Besides, the sandwiches here come with a decent side salad and are served in an incredibly charming atmosphere.

Meh: “BBQ Pork Sandwich”
Vietnamese Banh Mi Sandwiches
SW 4th Ave. & SW Hall St.
503-927-0896

This food cart is within easy striking distance of PSU, and is one of the few spots downtown that serve banh mi. It’s also one of the only places downtown where you can get lunch for less than \$4. But compared to other banh mi delis in Portland, the sandwiches here are a little lacking. It’ll do in a pinch, but head elsewhere for a world class banh mi experience. ☹️



SARIA DY/VANGUARD STAFF



ADAM WICKHAM/VANGUARD STAFF

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KARL KUCHS/VANGUARD STAFF

Louie Opatz

If you choose to torpedo your vegetarianism, the Reel 'm Inn Tavern is a pretty fine place to do so.

When I entered the tavern—located at 2430 SE Division St.—Saturday, Oct. 22, I had not eaten poultry in over seven months.

I was there for the same reason most go to Reel 'm Inn: the deep-fried chicken and jojos (in that order). After several months away from Portland as a nascent vegetarian, indulging in Reel 'm Inn's crispy, grease-soaked fried chicken felt like the right way to fall off the wagon. headfirst and hard.

The menu is almost comically one-note, basically offering tiny tweaks and derivations on crispy chicken and scalding hot potatoes. (Note: stronger men than I have attempted to defy the unwritten Reel 'm Inn commandment—Thou shalt let thy jojos cool for at least ten minutes—and have the tongue scars to prove it.)

A diner can order various combinations of breasts, thighs, wings or legs accompanied by the desired amount of jojos. Yes, there are assorted deep-fried add-ons like onion rings, fried mushrooms and mozzarella cheese sticks, but there's

a reason that the sign outside reads, "The Reel 'm Inn Tavern: Chicken & Jojos." Reel 'm Inn follows what is, for this diner, the most vital gustatory maxim: Do one thing and do it well.

The chicken is that pitch-perfect synthesis of crispy and moist and arrives at the table with a six-pack of sauces. The jojos are supremely tasty. Like the chicken, they have the ideal crunch-to-moistness ratio, but their temperature causes them to function more as logic puzzle than foodstuff.

How exactly does one consume such a delectable half-moon of potato if its internal temperature will cause permanent damage? My solution: Plan a half-pitcher of PBR per jojo (they are literally one-half of a potato, sliced lengthwise) and gobs of ranch and/or ketchup. Your tongue will thank you.

As is de rigueur for any legit dive bar, Reel 'm Inn's cocktails are stiff and its beer cheap. As far as the "atmosphere" goes, the restaurant is refreshingly slapdash. The chalky writing covering the wooden ceiling beams, the various animal pelts, an old-school cigarette machine and boxes of empty bottles stacked about signal that the food is the focus and that "interior design" isn't a top priority.

The jukebox is digital, yes, but



KARL KUCHS/VANGUARD STAFF

An apostate vegetarian unapologetically consumes a greasy, meaty meal

features decidedly analog music, leaning heavily on that era of country & western before "country" was a dirty word—Merle Haggard, Hank Williams and Johnny Cash are front-and-center, complemented by a smattering of soul.

So how did this fickle vegetarian fare with his first fried bird in seven months?

Well, after annihilating a breast in

a personal best of three minutes, I sat borderline comatose, stoned on fried chicken and beer. This was immediately followed by my grass-fed stomach staging a mini-revolt—due not to the food, mind you, but to my meat-weak constitution.

I attempted to quell my nausea with large amounts of cheap American Pilsner. I am delighted to report that I drank my way through it. ☞



SARIA DY/VANGUARD STAFF

Not your traditional steakhouse

Kevin Fong

Portland is increasingly gaining a reputation as a place where people truly care about their food. Trending phrases in the current dining scene include sustainable meals, food systems, sustainable purchasing, slow food movements, organic grown, homegrown and biodynamic farming. Thanks to Oregon's forward-looking views on the environment and to shows like Portlandia teasing the eating habits of Northwest dinner patrons, Portland is acknowledged by many as one of the leading cities in the area of sustainable restaurants.

Urban Farmer Restaurant, located on the eighth floor of the Nines Hotel at 525 SW Morrison St., has been open since October 2008. In a few short years, Urban Farmer has become one the most well-known and respected sustainable dining experiences around town.

"Guests appreciate knowing where their food comes from," said David Marsh, general manager of food and beverage operations. "And they also appreciate supporting the local farmers and ranchers and knowing that when you have discretionary dollars to spend, that it does provide people an outlet to have a place like [Urban Farmer Restaurant], as opposed to having a majority of their products shipped to them by someone

who is nameless and faceless."

Aside from being blown away by the welcoming ambiance of the restaurant (the dining area has an atrium-like cover with a glass ceiling and a modern western-themed décor) a new visitor will likely be impressed by the amount of investment Urban Farmer puts into their food production and menu.

"The thing that's most rewarding is the opportunity to build relationships with our vendors," Marsh said. "One of the big ranchers that we use for a lot of products has become a true friend. It becomes a true partnership at that point...as opposed to being just transactional it becomes a relationship and a friendship, and they help drive the business because they have an incremental benefit to the growth of it."

Urban Farmer gets their food from a diverse selection of local vendors and farmers. Executive Chef Matt Christianson estimates that the kitchen is visited by 50–60 different purveyors in a given week, as opposed to many restaurants that get a majority of their food from large broad-line distributing companies.

"It's a lot more work to provide [sustainability], an investment in time and money," Christianson said. "But we believe that it translates to the experience that the guest is

going to have in the dinning room—they will taste the difference."

For instance, a couple years ago Urban Farmer started offering a beef called Cascade Red, which was the first new breed of cattle introduced to the U.S. in 47 years. The cattle was bred at the local Basque Ranch and is a Red Angus/Pinzgauer cross, meaning the animal has the grazing capabilities of a Pinzgauer but also the composure of an Angus.

"You get the best of both worlds: You get an animal that's best at free-ranging itself and then it gains fat and flavor like an Angus does," Christianson added.

Urban Farmer's menu changes with the season, as they are more restricted by what the local farmers in the area are producing. Although the core menu items, such as steak,

are always available, how the dish is garnished or presented can change on the season. Currently, the chefs are emphasizing seafood dishes, such as the Alaskan king crab legs, scallops or Walleye pike, and are getting excited about harvesting local fall produce such as squash, gourds and mushrooms.

Along with progressive dining options, Urban Farmer offers a well-priced happy hour menu, including daily cocktails and wine specials. There is a wine list with more than 200 varieties of Northwest wine and a gourmet cheese cart that visits each table to offer a fromage that will complement your meal or beverage.

"When you engage people," Christianson said, "they become more appreciative of the food and the dining experience overall." ☞

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PSU Rogue Brewery offers strange yet enjoyable brews

Sam Lloyd

Here's a wild idea for the writers of *Portlandia*: Instead of another batch of episodes revolving around tired Portland stereotypes, how about actually trying to emphasize some positive things about the city? A whole season of that show could revolve around the cast having revelatory experiences in this city's breweries—breweries that produce what is arguably the best beer in the country.

At the very least, you'd have to agree that Portland's breweries are the country's most interesting. How many other cities can lay claim to

a brewing company that not only offers a drink called Voodoo Bacon Maple Ale but also a beer named after the local urban university?

One need look no further than Rogue Brewery for a celebration of everything exceptional about Portland beer. Luckily, Portland State students have easy access, as Rogue has recently set up shop on the PSU campus (at the corner of Southwest Park Avenue and Montgomery Street, near Starbucks and Subway).

Rogue has already begun attracting attention for its newest brew: the Voodoo Doughnuts-inspired Bacon Maple Ale. Naturally, as the pastry in

question is objectively delicious, the beer has similarly sky-scraping taste expectations. It is good, but in a very weird way: it starts off sweet, then within a split second the bacon flavor becomes dominant and lingers on the tongue. If you're a fan of drinks that taste like cured meat, then you'll be in heaven. (I am, and I was.)

Rogue's other calibration of Stumptown, of course, is its Portland State University IPA. PSU is the only university in the nation with its own official beer, and it tastes amazing. Though the hops are a little overwhelming, it's extremely smooth and goes down easy. If Terminal Gravity

Rogue proves to be a valuable part of Portland's thriving brewery culture

IPA is a 10 out of 10, PSU IPA easily checks in at around 9.5.

Other enjoyable brews include Honey Orange Wheat Ale (light, airy and smoky—the perfect drink complement to a plate of chicken wings), Cap'n Sig's Northwestern Ale (foamy, heavy and a worthy adversary to Guinness) and Chocolate Stout (probably contains more real chocolate than most chocolate bars), but the PSU IPA and the Voodoo Bacon Maple Ale are definitely the can't-miss options. Be sure to pick up a bottle of the latter to go—the vibrant pink bottle doubles as a great apartment decoration. 🍷



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Burnside Brewing Company is a can't-miss destination

New Eastside brewpub offers unique burgers and solid beers

Sam Lloyd

Every restaurant needs a gimmick. Is Voodoo Doughnuts really the most famous eatery in Portland because of the quality of its pastries? Of course not; it's because they offer a maple bar with bacon on it. So what is the gimmick at Burnside Brewing Company? What possible reason would a Portlander have to frequent this newer establishment, knowing that old brewpub standbys like McMenamin's, Deschutes and Bridgeport are still readily available?

A recent visit to the restaurant revealed the answer to be, interestingly enough, “duck fat.”

This is what Burnside Brewing cooks their hamburger patties in, and the consequent flavor is sensational. The Brewery Burger is \$10 and toppings beyond the standard grilled onions, pickles and house-made ketchup are \$1 apiece. Swiss cheese is a perfect complement to the tanginess of the patty and the buttery soft bun. On a scale of Luke Babbitt to LaMarcus Aldridge, the Brewery Burger is easily a Nic Batum, and maybe even a Gerald Wallace when augmented with a \$3 side of hops-soaked fries.

Wait a second—hops-soaked fries? Indeed. These magnificent fries only foreshadows how good the beer is. A sampler rack of the Burnside Brewing Company's beers comes with eight selections: IPA, Oatmeal Pale Ale, Stock Ale, Stout, seasonal Smoked Wheat Gratzler, Burnside Alt, “Nuggets With At-

titude” Fresh Hop (the runaway winner for Best Named Thing On The Menu) and Oyster Strong Ale. The highlights were easily the stout and the IPA.

The hops gave the latter selection that distinct flavor that you want from a good IPA, a beer that illuminates all of the taste buds without being overwhelming and is perfectly suited for gradual consumption throughout a meal. However, the gold medal has to go to the stout—when a dark beer manages to be thick and luscious and easily drinkable, you know it's something special. Compared to Guinness—which you practically need to drink on an empty stomach—it's a revelation.

If duck fat and heavy beer aren't for you, there are still plenty of quality options to choose from. Among the appetizers, the cheese plate is great (although ask for bread instead of toast), and the second-best entree is definitely the Coney—a Cincinnati-chili-enhanced hot dog for only \$9 that's worth every penny and then some.

Still, the tangy, duck fat-fried patties and rich brews are what will keep this reporter coming back. If you feel like taking the plunge, go on a Wednesday (\$3 pints all day), Tuesday or Thursday (happy hour from 3–6 p.m.) or Sunday (happy hour all day). 🍷

Burnside Brewing Company
701 E Burnside St.
503-946-8151
BurnsideBrewCo.com
Bus lines: 6, 12, 19





A moveable feast for every appetite

The appeal of the food cart in Portland is undeniable; at nearly any hour of the day or night, in every corner of the city, these vendors offer fare to satisfy every conceivable hunger. Portland's affection for food carts runs much deeper than convenience or cost, however. Arranged

in small clusters throughout the city, Portland's food carts defy all of the traditions that made the food cart a practical innovation. Few of them are mobile, many require patrons to wait for their food and the cost of a meal is comparable to most delis.

Portland's food carts represent the entrepreneurial spirit of regular citizens with a desire to share their passion with the community. Portland's food culture presents a window through which to examine community values, and food carts are at the heart of it all.



MILES SANGUINETTI/VANGUARD STAFF

Bite into the movement

Exploring flavors and delights of the Portland food cart revolution

Gretchen Sandau

Waffle sandwiches, ribs, gyros, deep-fried pies, Vietnamese BBQ bentos—you name it and the food carts of Portland probably have it. Portland is known throughout the world for its local food cart culture and was recently chosen as the number one city for street food in the U.S. News Travel section. What makes Portland's food carts so great is not only the wide variety of cuisine, but also the diversity of the people behind the counter and buying the food—and let's not forget those awesome prices. For those who don't know, the groupings of carts are called pods, and there are a growing number of them popping up throughout the city.

Southwest 10th Avenue & Alder st.

Walking down 10th Avenue on any given day as one approaches the intersection of 10th and Alder, the scene quickly becomes one of curiosity and amazement—a mass group of people ranging from business men in fancy suits to everyday students to hipster fashionistas, all standing in line waiting to get lunch from the various food carts that line the sidewalks on the intersection. An added bonus to these carts is the location—they're central and near almost all of downtown's great attractions. They're great for a post-Powell's lunch or for all those

soccer fans that want to grab a bite to eat before heading to an event at Jeld-Wen Field.

Snow White House Crêpes

Snow White House Crêpes is one of the more unique carts in the area, as it not only offers a wide variety of sandwiches, beverages and crêpes (some sweet, some savory, all delicious), but also an array of interesting trinkets one can purchase, such as glue sticks or floss. The large range of crêpe offerings are almost dizzying, from tuna to meatball to cheese to chocolate to lemon curd. For those with a sweet-tooth, try out the fresh fruit and custard crêpe:



MILES SANGUINETTI/VANGUARD STAFF

the banana one is popular and for good reason, as it's loaded to the brim with ingredients. In fact, Snow White serves humongous crêpes, so be ready for an overflow of custard.

E-San

Looking for some Thai food? Then E-San is a good place to start. Their noodle dishes are full of flavor and tempting spiciness, although exactly how hot is up to the customer. The Pad Thai in particular is an absolute must-try. E-San also has a reputation for having some of the best Thai iced teas around, which boast a milky smoothness that complements the full flavor of your meal. If you're on the other side of downtown, then

you can stop at E-San's original location on Southwest 2nd Avenue.

Sheish Kabob

Sheish Kabob is a great place to go for a quick bite of Mediterranean food. They have wonderfully warm and delicious pita bread, which is excellent for dipping into their shish kabobs. Another tasty delight is the lamb shawarma, which is prepared just right, as the lamb is bursting with flavor and juice. The service is wonderful, as the elderly lady working the cart is charming, sweet and makes the experience even more worthwhile. And of course, don't miss out on their namesake, those wonderful shish kabobs.

The food cart pod on the corner of Hall street and Fourth avenue offers a spectrum of unique eats

Kali Simmons

Between classes, you may find yourself hungry from time to time. Luckily, there are a variety of different food outlets on campus. For those of you in a rush between classes, food carts make for the perfect quick snack. Here are some highlights from the Portland State-based food cart pod on the corner of Hall Street and Fourth Avenue:

Fernando's Mundo Fiesta

Few food outlets realize the true potential of the burger.

At Fernando's, burgers are not just neatly stacked piles of meat and cheese—they are messy, sloppy piles of pure goodness. Fernando's is the perfect pit-stop after a long night out, with enough grease packed into their meals to soak up any hangover. The prices are excellent across the board, and when you order the daily special, the bill is kept under \$5.

The house burger combines ham, bacon and egg, sending eaters to a meaty nirvana. For a more exotic taste, the Nopalita burger features pickled cactus alongside house-made guacamole. Fernando's also offers a variety of burritos and wraps, with vegan and vegetarian options to satisfy a diversity of needs.

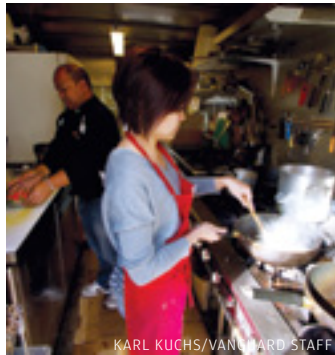


KARL KUCHS/VANGUARD STAFF

Kobe: Taste of Japan

A new addition to the PSU food cart pod, Kobe is located in the parking lot of the 76 gas station on the corner of Fourth Avenue and Hall Street. Kobe offers a variety of different dishes, ranging from noodles to sushi (that's right—sushi). The sushi is fresh and reasonably priced, which is a definite step up from other sushi restaurants on campus.

Kobe also gives ramen, a staple of the college diet, a serious upgrade. Brimming with veggies and seasoning, ramen can be purchased with either a miso or soy broth. Salty and satisfying, their ramen makes for a wonderfully warm treat on a cold, rainy day. With reasonable pricing (six- to eight-piece sushi rolls cost \$5–6), Kobe provides a great sampling of all there is to love about Japanese food.



KARL KUCHS/VANGUARD STAFF



KARL KUCHS/VANGUARD STAFF

Homegrown Smoker Portland Soup Company

Homegrown Smoker doesn't just make awesome barbeque; they turn the whole concept of barbeque on its head. Every single item on their menu is 100 percent vegan. That's right: The smoky, saucy sandwich isn't really pulled pork—but it tastes exactly like it. Using tofu curls and tempeh, they create dishes that even the most voracious carnivore can enjoy.

Meat-lovers may notice a slight difference in texture, but the flavor is all there. They make their own "pastrami" and "Cajun sausage" for sandwiches that are filling and flavorful. For \$7, you can score a SlowSmoNoFo, a sandwich topped with barbeque-soaked tofu curls and their house Cajun slaw. For a side, definitely check out their MacNoCheese, which is flavorful and moist.

This cart is a must-stop for anyone on the lookout for tasty vegan treats.

The Portland Soup Company is the place to stop on a chilly autumn day. The quaint, wood-covered cart is easy to spot, having gone above and beyond in the decoration department.

But looks aren't everything for this cart. Its ever-rotating menu of soups, salads and sandwiches is deliciously overwhelming. Their website lists over 20 soups on the menu that rotate throughout the year. Portland Soup Company brings together flavors from all over the world using local ingredients.

The result is a wonderfully warming experience that will bring you back for more. Favorites are the hand-made whole milk mozzarella with oven-dried tomatoes, arugula and their rosemary aioli. The menu changes with the seasons, so score your favorite soup while you can!

12th Avenue & SE Hawthorne foodcart pods

Jessica Lukaszenko

This food cart pod is located on the corner of Hawthorne and Southeast 12th Avenue next to Tiny’s coffee shop and across the street from Burgerville. You can access the carts by bus number 14, which stops across the street from the pod. Street parking is available and free on the east side of the river. The carts are only 10 minutes away from Portland State University.

This food cart pod is known for being open late, catering to the bar scene and being a hipster playground. Most of the carts are open from 11 a.m. to 3 a.m. every day.

Here, you have six opportunities to satisfy your taste buds with everything from French fries to crêpes. Whether you have a sweet tooth or want a full-on dinner, these food carts will keep you coming back for more.

Whiffies Fried Pies

If you like hand pies or pizzas, then you may be interested in grabbing yourself a Whiffie Fried Pie.

A common question asked at the cart is: “What is a Whiffie?” A Whiffie resembles a hot pocket, only deep fried.

The cart’s menu is divided into savory and sugary options. The savory side includes tofu pot pie, BBQ brisket (their most popular savory item) and mac and cheese.

If you have a sweet tooth, you can enjoy pies with mixed berries, apple, pumpkin cream or mounds, which consists of coconut cream and chocolate chips. Savory pies are \$5 while sweet pies are \$4.

All of the ingredients are fresh and made daily.

“The crust is vegan and the pies are always made fresh, hot and delicious. Where else in Portland will you buy a fried pie that’s not frozen?” employee Amanda Buckman said.

You can also quench your thirst with jasmine tea and coconut green Kombucha along with a variety of sodas. Whiffies also serves ice cream for just \$2.

The cart is open Tuesday through Thursday, 6 a.m. to 3 p.m., and on the weekends from 12 p.m. to 3 a.m.

“We’re open so late so we cater a lot to the bar scene. Whiffies are also really good bar food,” Buckman said.

While most food carts only accept cash, Whiffies accepts Visa and MasterCard with a \$1 service fee charge. The cart does not have an official website but employees fre-

The carts are generally vegan-friendly and offer options that are gluten-free and vegetarian. All the food carts help support local farming and use local ingredients.

Seating is quite manageable. Each cart has its own seating with plenty of shelter from the rain. In the center of the pod is a huge undercover seating area where you can relax without getting rained on. In the winter, they offer standing heaters so you can stay warm.

Since most carts only accept cash, the pod has an ATM. Some carts give you the option of using your credit card with a \$1 charge.

The atmosphere is family-friendly and a great environment to hang out with your friends and enjoy a bite to eat.

quently update its Twitter account, @Whiffiesfriedpies.

The inspiration for a fried pie food cart came from childhood cooking sessions between a father and son.

“The food itself came from the idea my dad and I had,” said owner Greg Abbot. “We used to bake pies, but frying them seemed more practical for a cart because frying is a lot faster than baking.”

Potato Champion

If you’re looking to dip your fries in something other than ketchup, then make your way over to Potato Champion. This cart is great for your late night cravings. It’s conveniently open till 3 a.m. and is only closed on Mondays.

“We’re known for our late-night

hours—everyone knows we’ll be open till 3 a.m.” employee Michael Hughes said.

The cart specializes in its french fries and variety of dipping sauces.

“We make good ol’ American food with a twist. French fries are America’s favorite,” Hughes said.

The sauces come in sweet and savory, making it easy to satisfy any taste bud. Some sauces include rosemary truffle, bourbon honey, pesto mayo, buttermilk ranch and more. There are always 10 sauces that stay true to the menu while the rest change seasonally.

The french fries come in four different flavors: peanut butter and jelly, pulled pork, poutine and your generic, regular fries. The prices for these items range from \$2.25 to \$12 and offer sizes to fit your desire from extra small to extra large.

The items on the menu are made from the freshest ingredients.

The french fries are prepared in a distinctive way: These Belgian-style pomme frites are cooked using special oil to give the fries a richer taste.

“We use rice bran oil rather than canola oil. Most all of our products are gluten free,” Hughes said.

For more information, visit PotatoChampion.com for a full list of their sauces, details and history of the cart.

Perierra Crêperie

Sweet, savory, healthy, milk shakes, smoothies, crêpes and high-class



SARIA DY/VANGUARD STAFF

cooking all describe Perierra Crêperie. With fillings such as gorgonzola, Gruyère and smoked salmon, these crêpes aren’t your typical dough wrapped fillings.

“We have everything anyone wants,” employee Brianna Laughlen said. “We have vegan and gluten free options and an extensive milkshake menu.”

Their milkshake menu offers flavors such as basil with coconut (\$5.25) and lavender with honey (\$5.25). The cart also specializes in crêpes. They offer a variety of different flavors from ham, Gruyère and sweet mustard to nutella and banana.

Prices range from \$3.50 to \$7.25 and go from simple to extravagant. Crêpe zests and fixings change as often as the seasons. To keep up with the menu change, you can always look up Perierra Crêperie on Facebook and on Twitter at @PerierrCreperie.

The owner and employees are keen to serve the community with unique produce and seasonings.

“We use an amazing amount of top-quality ingredients. Rather than the generic vegetables and seasoning we use soppressata, Italian salami,” Laughlen said. “We are dedicated to keeping the classic flavors with high quality ingredients.”

The food cart is family friendly and the loudest in the pod. With alternative music blasting at top volume, the cart also caters to young children, offering a mini carousel to keep them entertained.

“The cart wants to make the atmosphere fun and upbeat,” Laughlen said. “We are really laid back and blasting our music attracts our customers.”

You can try these gourmet crepes every day from 8 a.m. to 3 a.m.

Pyro Pizza

Say goodbye to pizza dripping with grease and fake ingredients and introduce yourself to Pyro Pizza, which specializes in fire-roasted pizzas.

Pyro Pizza bakes a variety of thin-crust pizzas such as margherita (\$7), marinara (\$7), spinach and mushroom (\$7), pepperoni (\$8), onion (\$8) and truffle (\$8). They also provide salads (\$5) to accompany your pizza. Some side salads include caprese salad, which contains tomatoes on a bed of romaine in balsamic dressing and the basic Caesar salad with romaine and a house-made dressing.

If the menu items don’t fully appeal to you, the cart offers the option to take any ingredient off or to substitute vegan cheese on any pizza for an extra \$2.

Their main attraction is the wood fire oven located right in their food cart, gives all their pizzas a unique and healthy taste.

“We have a homemade oven in our cart,” employee Jeremy Reeves said.

Homemade is the theme of this cart. Along with the home based oven, they make their own soda as well, replacing high-fructose corn syrup with organic cane sugar. Some soda flavors include natural cola, sarsaparilla, root beer, ginger, Thai coffee and basil with lime.

“We make our own sauces and soda and support local growers,” Reeves said. “We use as much local produce as we can get our hands on.”

Pyro Pizza is open every day from 11:30 a.m. to 3 a.m. You can

order to-go pizzas at 503-929-1404 and can check out their website at PyroPizzaCart.com for a complete listing of menu items.

Bubba Bernie's

“We are known for our pulled pork sandwiches. It’s the largest known to man,” employee Lindsay Parsons-Scott said.

Bubba Bernie’s serves Cajun-infused comfort food with a Southern twist. Items on their menu include hush puppies, po’boys, jambalaya, bubbaque sandwiches, sausages and burgers. If you’re not in the mood for a full menu item, you can order a side of mini hush puppies or fried okra.

Whether you’d like to eat something complex or something as simple as a hamburger, this cart can gratify your hunger.

The items range from \$4 to \$8.50. A regular Philly Cheese Steak starts at \$8.50, while black beans with brisket chili and cheese are just \$4 for 8 oz. and \$7.50 for 16 oz. Pulled pork on a French roll is priced at \$8 and chicken or shrimp jambalaya is just \$8.50.

Bubba Bernies uses a variety of different ingredients, which makes their menu highly flexible. With the tractability of their products they are able to have a few menu items that stand out. The cart puts a twist on the traditional tater tot and replaces the regular potato with a sweet potato, making sweet potato tots.

Like most food carts in the pod, Bubba Bernie’s uses fresh and local ingredients. Nothing is frozen before it goes on the grill.

“We smoke all our own meat. Once it arrives to our cart we do not

freeze it. It goes straight to the grill,” Parsons-Scott said.

This small red cart is homey and smells delicious. Weekday hours are 11 a.m. to 2 a.m. Weekend hours are 11 a.m. to 4 a.m. They are closed Monday and Tuesday.

Bubba Bernie’s takes credit cards with a \$1 service fee.

You can call them at 503-858-3354.

El Brasero

If you like traditional Mexican food, you will enjoy eating at El Brasero. The cart is open seven days a week, 24 hours a day, so customers can always fill their stomachs with authentic burritos.

“I love to cook and want to share my Mexican culture and food to the public,” owner Juan Garcia said.

The menu is divided into breakfast and lunch burritos.

For breakfast you can enjoy a tortilla wrapped in rice, bell peppers, egg, bacon, sour cream, cheddar and corn. All breakfast burritos are just \$4.50. Lunch and dinner burritos consist of flavors such as chorizo, ham, veggie chorizo, salchichar and zucchini.

One feature of the food is cactus as an ingredient; it is in almost every item on the menu, from the burritos to the jicama fajitas. All dinner and lunch burritos are just \$7.50.

The most popular item on their menu is their vegetarian burrito, which is a flour tortilla wrapped around rice, black beans, cactus, pico de gallo and lettuce. Their vegan and vegetarian burritos are \$7. Garcia wants to give flavorful food to the community. Every order is fresh and made right in front of you. The cart gives you the option to create your own burrito and take out or add any ingredients.

The cart allows you to call in and order food so it will be prepared when you arrive. There are two lines to call: one for English speakers 503-997-5913 and one for Spanish speakers 503-997-5270. ☎



SARIA DY/VANGUARD STAFF



Ben & Jerry's,
Pudding on
the Rice and
Lucky Spoon
satisfy the
student
sweet tooth

CORINNA SCOTT/VANGUARD STAFF

The sweet life on campus

Aimee Zink

When things get stressful at school, my friends and I figure that taking a break and getting a sugary treat is just what we need.

Here are three places on and around campus where you can indulge your sweet tooth.

The new Ben & Jerry's ice cream shop, located in the Urban Plaza, opened last summer. Sometimes after classes we would go there, sit outside and unwind while feasting on ice creamy goodness.

The store sells dipped waffle cones, sundaes, milkshakes, ice cream cakes and much more. They alternate ice cream flavors, and right now they have the seasonal Pumpkin Pie. Soon they'll have Schweddy Balls, a rather

controversial new flavor.

Charlyn Neal, assistant manager of the Ben & Jerry's outlet, said that the most popular flavor is the traditional Chocolate Chip Cookie Dough. The on-campus Ben & Jerry's is staffed by participants of the New Avenues for Youth program, which works to empower homeless youth.

Pudding on the Rice, owned locally by Jessica and Aaron Grimmer, is a cheery, brightly colored shop nestled under the South Park Square apartments, a short walk down the South Park Blocks from Portland State (1503 SW Park Ave.).

As the name suggests, it features rice pudding in a wide variety of flavors such as Berry Manilow,

Instant Karmal and the seasonal flavor, Smashing Pumpkin. Danielle Berg, a Pudding employee, said that she loves seeing how excited people get when they discover rice pudding and try it for the first time.

But what I love to order are the crêpes. Savory crêpes with a variety of meat, cheese and vegetables to choose from make a delicious lunch. The sweet crêpes with rice pudding, berries, caramel chocolate sauce, lemon curd and, of course, Nutella are a warm and filling dessert.

Another locally owned business is Lucky Spoon, also on the South Park Blocks on the corner of Park and Jefferson Streets (780 SW Jefferson St.). Kim and Tom Rolfs started the

business about a year ago.

I've been to a few self-serve frozen yogurt places, but Lucky Spoon is definitely my favorite. With over 50 toppings and tons of interesting flavors, Lucky Spoon is always a unique experience. Right now they have the seasonal flavor of (you guessed it) Pumpkin.

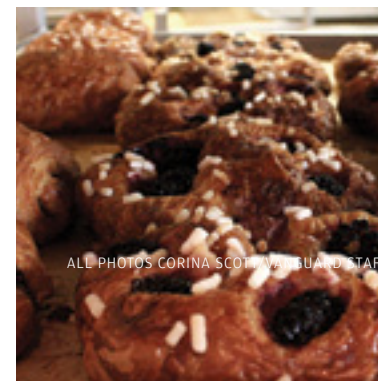
The most popular flavors are the Cake Batter, Dulce de Leche and Peanut Butter, according to Courtney Klemm, a Lucky Spoon employee.

Personally, I can't get enough of the Red Velvet. I cherish my Lucky Spoon memories of my friends and I making decadent masterpiece desserts and sharing laughter late at night. ☺

Baking as a skilled craft

*Ken's Artisan Bakery and
Pizza locations take the art
of baking to new heights*

Gretchen Sandau



Freshly baked baguettes, macaroons, various rolls, cookies and other treats are just begging to be enjoyed at Ken's Artisan Bakery located on Northwest 21st Avenue between Everett and Flanders. Owner and founder Ken Forkish opened shop in 2001, specializing in traditional baked goods resembling those found throughout Europe, especially France and Italy.

Before you even reach the front door your senses are treated to the delightful fragrance of fresh pastries just out of the oven. Once inside the shop, the dazzling array of the treats is a bit overwhelming at first, especially since they all look so good. For first timers, try out something sweet like a macaroon or perhaps a more traditional Morning Roll.

Not only are the pastries a delight, but their bread is also superb. Fresh bread is baked every day and some types, like their baguettes, are even baked twice. Ken's artisan breads have a strong reputation throughout Portland and are served in several restaurants such as Le Pigeon, Metrovino, Wildwood and Higgins.

Once your treats have been picked out, take a seat inside the warm, friendly café and enjoy the cozy ambiance while sipping on some Stumptown coffee. The large windows surrounding the shop allow the customers to sit back and watch the world passing by while savoring a little piece of the heaven they just purchased.

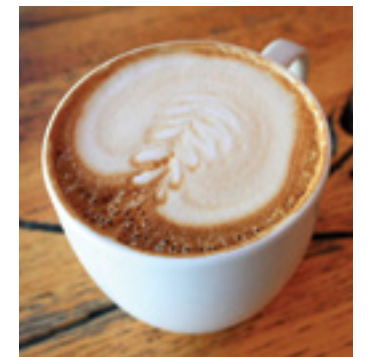
If you're pondering what to do for dinner on a Monday night, try heading over to the bakery for a long-time special event called Monday Night Pizza. In fact, by 2006, the popularity of the pizzas grew so much that Forkish was forced to look for another space—

thus Ken's Artisan Pizza on Southeast 28th Avenue was born.

The first thing that one notices when entering the pizza shop, besides the mouth-watering smells, is the giant wood-fire oven used to bake the pizzas. Next, you'll likely be taken back by the amount of noise and business, which is a good sign for any eatery. All the high energy and echoes of laughter only add to the overall dining experience.

The 12" thin-crust Italian-style pizzas are a perfect serving size for one to two people. The turnaround time after ordering food was another highlight of the evening, as a hot pizza pie can be placed on your table ready to be consumed within 10–15 minutes. The chef at Ken's Artisan Pizza did an excellent job staying true to the inspiration, as anyone familiar with authentic Italian cuisine will certainly be satisfied. The pies have just the right amount of sauce and cheese, mostly because they don't consume and overwhelm the whole pizza.

A few pizzas you shouldn't miss: the mushroom, the fennel sausage and onion, the margherita, and, for seafood lovers out there, the anchovy pizza is a unique option. At \$13 a plate, this place is ideal for a dinner date or a quick meal before a night on the town. ☺



ALL PHOTOS CORINNA SCOTT/VANGUARD STAFF



How food stamps changed my diet

One diner's quest to make the most of an extra \$200 a month

ALL PHOTOS KARL KUCHS/VANGUARD STAFF

Louie Opatz

Of the 50 months I've been in Portland, I've lived 44 of them on food stamps

In September 2007, at age 23, I couldn't pick ginger out of a lineup, let alone differentiate kale from chard, yams from a sweet potato. My freezer was overrun with an array of frozen, preservative-laden, meat-heavy dishes, while my refrigerator's crisper kept only my Pabst crisp. The list of meals I could make went something like this: pasta with canned tomato sauce, pasta with canned pesto, pasta with canned white sauce and a "breakfast scramble" consisting of potatoes, eggs and cheese. But even this meager breakfast dish could only feature scrambled eggs; I could not poach or fry and had not the faintest idea what "sunny side-up" or "over-easy" meant.

My monthly "income" from AmeriCorps forced me to continually eat at home, however, and this menagerie of processed food—fish sticks, chicken fingers, taquitos and the like—was costing me big time. Even \$200 a month goes fast when you shop in the freezer aisle.

And since I could scarcely afford nights out, I was finding that, if drinks were on the agenda, they were probably happening in our apartment.

I remember cooking fajitas one night for a gathering of friends and it feeling very much like a special occasion.

Here I was, in front of the stove, sautéing chicken, onions and peppers, tossing copious amounts of Tapatio on the pan. I was the cook in the kitchen. The pièce de résistance, the ingredient that gave my fajitas their "fajita-ness," was, of course, a small packet of fajita seasoning, Fred Meyer brand. Baby steps.

This was simply another night spent eating and drinking with friends. But, through the sepia-toned lens of retrospect, I now see that there was something about the communality, the gathering

of friends around a hot stove that was—damn the sentimental schlock, here goes—life-affirming.

That fall evening was not a moment of epiphany. But as an adolescent picky-eater weaned on hot dogs and canned beans who spent his undergrad years eating Little Caesar's and averaging 14 meals a week in the cafeteria, it did signal that food was more than food, more than sustenance, more than fuel.

It gave me joy to spend time over a stove and feed my friends.

My palette gradually broadened, and I began to find joy in discovery, something that food stamps makes exponentially more possible. With food stamps, I could bring my first tuna steak to a barbecue, and if I hated tuna steak or overcooked it, no sweat. There was more where that came from.

This probably sounds self-indulgent, lazy and gluttonous. I was living off the government's teat, after all. One could draw a straight line from the waiting line at DHS to a checkout line at Freddy's.

But government assistance made me a smarter, healthier eater. I have gained an appreciation for legumes



and leafy greens, a heretofore unexplored segment of the food pyramid for this Midwestern canned-food child. I found that I did, in fact, like tomatoes, that zucchini in the summer always hit the spot and that sweet potatoes in autumn did the same. (Food comes in seasons? Who knew!?)

This is not to say that I didn't

indulge myself. The door of my refrigerator contained every hot sauce I could find. I once spent \$30 on vitamin water. And, of course, there was always chips and salsa in the house. Slowly but surely, however, the hot sauce became fish sauce; the vitamin water, apple cider vinegar. I was learning to cook and stock a pantry.





I am no expert: I am simply a person who likes to cook and likes to eat. Here are two “recipes” (I use the term loosely because they are extremely flexible and inexact) that I have made this week, in celebration of nothing in particular.

Tomato chickpea curry

- (Feeds one person for several days or several people for one day.)
- 1 large yellow onion, chopped
- 2 cups of roughly chopped tomatoes
- 1 tbsp. ginger, minced
- 1 clove garlic, minced
- 2 tbsp. tomato paste
- 2 tbsp. garlic chili paste
- 2–3 tbsp. curry powder
- 1–2 cups chopped carrots, potatoes or green beans
- 2 cups chickpeas (canned or pre-cooked)
- 1 can coconut milk
- 2 cups basmati rice
- Oil (olive, vegetable, sesame, peanut, whatever you want)
- Salt and pepper
- Cilantro (if you have it)

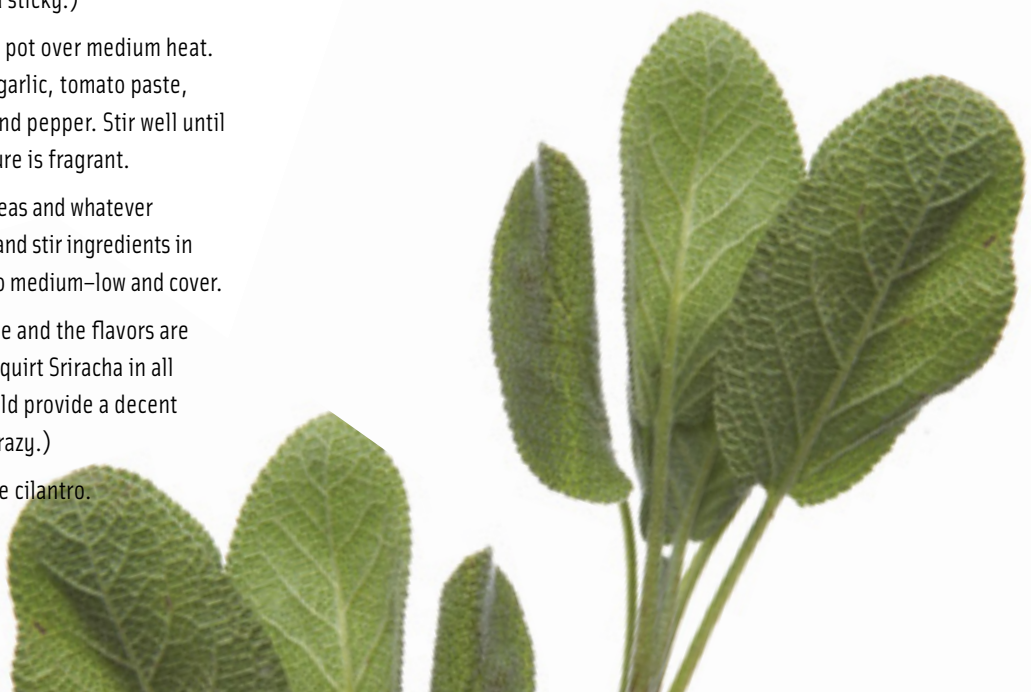
1. Start by cooking the rice in a rice cooker or over the stove. (I like adding a touch more water than the usual 2-to-1 water-to-rice ratio so the rice is extra sticky.)
2. Sauté the onion in the oil in a large pot over medium heat. Once tender and golden, add ginger, garlic, tomato paste, garlic chili paste, curry powder, salt and pepper. Stir well until the onion is well coated and the mixture is fragrant.
3. Add coconut milk, tomatoes, chickpeas and whatever vegetables you’re using. Turn up heat and stir ingredients in until the mixture bubbles. Turn down to medium–low and cover.
4. Let cook until your veggies are done and the flavors are well-integrated. (Resist the urge to squirt Sriracha in all willy-nilly. The garlic chili paste should provide a decent heat, so taste before getting sauce-crazy.)
5. Serve over rice and finish with some cilantro.

Potato and leek soup

- (Feeds four? I don’t know. How hungry are you?)
- 1 leek, trimmed and chopped
- 2 stalks of celery, chopped
- 4 small to medium potatoes, peeled and chopped
- 2 cloves of garlic, minced
- A few sprigs of fresh thyme if you’ve got it
- 1/2-1 cup half-and-half or heavy cream
- 2-3 cups of vegetable stock, chicken stock or well-salted water
- 2 cups peas, corn or other assorted veggies, if you’d like (frozen peas/corn work fine)
- Chives if you’ve got them
- Butter or oil or some combination
- Salt and pepper

1. Sauté the leek and celery in the oil/butter in a pot over medium heat until the vegetables soften. Add the garlic, salt, pepper and thyme if you prefer.
2. Once the mixture is fragrant and well mixed, add the potatoes, stock and cream.
3. Turn the heat up until the soup bubbles. Add corn/peas. Turn down heat to medium-low and cover.
4. Let cook until all the vegetables are soft and cooked through. If you’re the kind of person who likes puréed soup, this would be when you would blend it. If you’re like me, just chop up some chives to finish the soup in the bowl and add more salt and pepper to taste.

This is my favorite kind of cooking: cooking for cooking’s sake. 🍴



15 dorm-friendly foods every college student should have on hand

Whether you have a meal plan or not, having a stash of food in your room is absolutely necessary. Here are some essential items to add to your grocery list, all for under \$50.



Popcorn

It takes three minutes to make and is the perfect snack for studying or just hanging out and watching a movie. (\$5.89 for 10 bags)

Chips and salsa

For when you’re feeling festive and don’t have a lot of time to cook something. Get a couple of different salsa heats and dips for extra fun! (\$2.39 for one bag tortilla chips; \$3.29 for a jar of salsa)

Hot chocolate

Granted, it’s not a food, but who doesn’t love curling up in a blanket with a hot cup of cocoa when it’s cold outside? (\$2.99 for 10 packets)

Peanut butter

Eat it plain, with apples or on a slice of toast for a delicious boost of protein. (\$4.19 for 18-ounce jar)

Salt and pepper

At some point, you’ll need them. (\$1.79 for both shakers)

Top Ramen

It’s a little cliché, but there’s a reason for that: ramen is cheap and tasty at any time of the day or night. (49 cents per pack)

Baby carrots

Amongst loads of inexpensive, easily accessible junk food, it’s nice to have some veggies around, and carrots are mess- and hassle-free. (\$1.99 for a one-pound bag)

Trail mix

Tons of variety! But if you’re sharing it, don’t just pick out the M&Ms. That’s mean. (\$2.85 for six-ounce bag)

Pasta

Whether it’s mac ‘n’ cheese or fet-tuccine alfredo, pasta is relatively quick to make and tastes gourmet. (\$1.19 pack spaghetti; \$1.59 per macaroni box)

Popcorn

Seriously, did you add it to your shopping list? Add it again.

Cereal

A quick breakfast and a simple snack to pack for class. (\$3.99 average per box)

Instant mashed potatoes

For when you’re feeling homesick. Add some veggies, stovetop stuffing and chicken for a feast to share with the neighbors. (\$4-5 for two-cup bags)

Apples

They take longer to go bad than other fruits and are packed with vitamins! (\$1.49 for one pound)

Pop Tarts

“Oooh, Pop Tarts sound really good right now. I wish I had some…” Now you do. (\$2.49 for eight pastries)

Candy

Go pick out your favorite candy, because you’re bound to have a bad day once in a while. (79 cents–\$5 for bars or bags, respectively) 🍬

Total: \$49.61



Cricket Café

Kat Audick

Champion of hipster breakfast joints in Southeast Portland

What's housed inside a modest turtle-green building on the corner of Southeast 32nd Avenue and Belmont Street is more than an ordinary breakfast place. It is, in fact, my favorite breakfast joint in all of Portland.

those miraculous makings with two perfectly poached eggs covered in house-made hollandaise and a handful of crumbled bacon and you've got the breakfast to end all breakfasts!

Or, if you've got eggs in mind, the Golden Goat Omelet is practically a whole farm of flavor, as it is stuffed full of creamy chèvre cheese, grilled zucchini, garlic, fresh tomatoes and green onions, and served with a pile of hash browns or home fries.

Eaters beware: These delicious culinary concoctions come in massive portions—you definitely get what you pay for.

And lest I forget: Cricket has some of the best liquid breakfasts in town. With a complete list of hot and cold breakfast cocktails, and a killer collection of bloody marys, Cricket can help you start your weekend right with a slew of sinful selections.

And while you dine away on some of the finest breakfast food Portland has to offer, there is a

constantly changing selection of quirky local art to surround you. Although they're sometimes packed on weekends, Cricket's phenomenal food is well worth the wait.

Inside and out, Cricket is a picture-perfect café that knows what good food is all about. From their tasty sustainable ingredients to their stellar chefs and fantastically friendly staff, Cricket Cafe is the whole package and then some.

From Portland State, head to Southwest Salmon street and hop on any eastbound 15 bus. Hop off at the Southeast 32nd Avenue and Belmont stop, and you're only steps away from the doors of the glorious Cricket Cafe. ☺



3159 SE Belmont St.
Portland, OR 97214
503-235-9348
cricketcafedpx.com




Vegan-friendly options

Jeoffry Ray

A concise guide to eating vegan at PSU and in downtown Portland

Any vegan will tell you that finding a place to dine out can be a real problem. Portland has made a lot of headway, but it can still be difficult to track down the right places when you're new to town, especially if you're in a hurry. Here's a list of nearby places that offer a variety of tasty vegan options.

Habibi  Pine St. MAX Stop
1012 SW Morrison St. &
221 SW Pine St.

This Lebanese restaurant serves family recipes of all sorts: pastas, pizzas, soups, sandwiches and a variety of traditional dishes that all feature vegan-friendly options. Fridays feature entertainment such as music and belly dance, making it a great place to begin a weekend on the town. This is more of a sit-down restaurant, but the prices are still reasonable at about \$10 per entree. The Old Town location is just a block east of the Pine Street Max stop, and it makes a nice walk if you're feeling adventurous.

Backspace Café  5th & Couch MAX Stop
115 NW 5th Ave.

This café sits just a few Max stops north of campus. Their menu features standard café fare, mostly: wraps, sandwiches, soups and bagels. They make a point to purchase locally, so you know you're getting something fresh while supporting the local economy. The café is also a fun place to hang out. They feature a variety of shows, art exhibits, music and poetry slams.

Laughing Planet Café
1720 SW 4th Ave.

A block east of University Center, this sunny little restaurant offers burritos, bowls, soups and salsas as vegan options. Prices are excellent and the staff is swift, making it a great place for a quick meal. It's also a warm, well-lit environment with plenty of coffee or tea options if you're looking for a place to chat with friends or read a book.

Hot Lips Pizza

1909 SW 6th Ave.

If you're in the mood for a hot slice of pie, Hot Lips features pizza by the slice and always has two vegan selections on hand: a vegan focaccia and an option with Daiya (fake cheese) shreds. Slices are huge and cost-effective for a meal on-the-go. I've always had fast service from friendly workers, and I just love the pizza-joint atmosphere. And really, how can you go wrong with \$2 micro-brews?

Café Yumm

Student Rec Center

1806 SW 6th Ave.

Café Yumm may have the atmosphere of a fast food chain, but don't let that fool you. This restaurant offers bento, bowls, wraps and all of it can be made vegan-friendly. Their Yumm Sauce—the stuff of addictions, really—is animal bi-product free. And they even have vegan ginger spice cookies.

This list is far from exhaustive, but these restaurants are great starting points for a PSU newcomer. Dedicated blogs, such as veganfabulous.com, are also a great resource to tap into the community's vegan offerings. ☺





Delivery and Takeout

Janieve Schnabel



**The finest
ways to
eat at
home
without
cooking**

Thai Peacock

219 SW Ninth Ave.

This mecca for Thai lovers never disappoints. Even diners new to the Thai flavor can find something to enjoy here, whether it's one of their specialty curries or prawn dishes. Vegetarian friendly, Thai Peacock has a unique flavor that even the most discerning of taste buds can appreciate. Their house sauces are sweet yet salty, and the underlying hint of peanut is just strong enough to please without overwhelming the flavor.

The restaurant is relatively small, so it can be easier to simply order carryout. Call in or order in person, and your food will be out to you in 15 minutes or so. While they no longer deliver themselves, they do work with several delivery services—so take advantage if you can!

\$8–14 per dish

Hot Lips Pizzeria

1909 SW Sixth Ave.

Tucked in the heart of PSU, Hot Lips is everything students want in a restaurant—good food, cheap beer and blaring music. It offers vegetarian and vegan fare on the cheap. The squash and hazelnut pizza, for example, is mouthwatering and smells like heaven. It also offers gluten-free options, sandwiches, salads and signature soda.

And for those who want the food they love in a different atmosphere, Hot Lips does its best to accommodate their requests. As long as your order is at least \$20 and you're within 2–3 miles of a store, Hot Lips can get your food out to you. And even if you're a little more out of the way, they'll still make an effort.

Depending on when you make the order, you'll get it anywhere from 30–50 minutes later for a flat delivery charge of \$3. And with five stores spread evenly throughout Portland, you can be sure that there will be one willing to deliver to you.

\$13–25 per pizza

August Moon

405 NW 23rd Ave.

While there are plenty of Chinese restaurants in Portland, few measure up to August Moon. This restaurant has an extensive menu with flavors to suit any palate, dietary restrictions or age group. It offers all the dishes one would expect from a Chinese restaurant—lo mein, fried rice, General Tso's Chicken and other such options are served with flair and a balance between flavors.

And August Moon allows for its customers to save time by offering both takeout and a delivery service. With any lunch order of \$18 or more, for example, the restaurant will bring the food to the diner's doorstep with no delivery charge

added. The delivery time is reasonable, and the food arrives nice and hot at your door.

While Chinese takeout and delivery may seem clichéd to some, August Moon proves that the cliché exists for a reason.

\$8–15 per dish

Pizza Schmizza

7535 SW Barnes Rd.

While all Pizza Schmizza locations (and its associated Schmizza Pub and Grub) provide generous portions and low prices, some have more variety than others. The Barnes Road location certainly has plenty to offer. From their characteristically large pizzas (all 12" or larger) to pastas ranging from subtle to in-your-face flavors, there's sure to be something on the menu for most everyone.

Not all Schmizzas deliver. The on-campus Schmizza Pub and Grub offers carry out, but not delivery. However, the Barnes location—within the proper radius for PSU students—does. For a \$2 fee and at least a \$10 total, this restaurant will get you your order, hot and exactly as you like it, within an hour.

Other locations in Northwest Portland, Milwaukie and Happy Valley deliver as well, but only the Barnes location serves PSU and its surrounding area.

\$14–25 per pizza

Old Town Pizza

226 NW Davis St.

Committed to excellence and celebrated by many Portland residents, Old Town Pizza boasts good food and a great atmosphere. Among the gems on its menu are salads, pastas, sandwiches and, of course, its own classic pizza. With its focus on sustainability, one can feel comfortable eating what they have to offer—it's mostly local.

Their takeout and delivery service reflects this devotion to sustainability. When you order Old Town Pizza to go, your order comes to you on a tricycle. That's right—your food can be delivered to your door on trike. Depending on your order, the fee may vary, but delivery to downtown Portland is an affordable option regardless.

\$10–18 per pizza

Extra option!

Delivered Dish

www.d-dish.com

Portland is among the lucky cities to have an independent delivery company available to its residents. This service, which boasts over 150 restaurants to choose from, will pick up your order and deliver it to you. The fee is a little higher than the ones restaurants charge for their own delivery services (\$5–10), but the convenience is worth it sometimes.

For those whose favorite restaurant doesn't have a delivery service, Delivered Dish is a place to check out. And especially given their guarantee—delivery in 60 minutes or less—it couldn't hurt to give it a try. ☺



ALL PHOTOS ADAM WICKHAM/VANGUARD STAFF



MILES SANGUINETTI/VANGUARD STAFF

Secret spots

Vanguard News staff

In a town famous for its high-profile chefs and restaurants, plenty of neighborhood standbys get lost in the noise. Here's our shortlist of Portland's best-kept local secrets: The diners, food carts and happy hours that no one talks about but everyone should be going to.

Seasons and Regions



6660 SW Capitol Hwy.
503-244-6400
SeasonsandRegions.com

Seasons and Regions is Southwest Portland's best-kept secret. Just off the 44 bus line, Seasons provides some of the heartiest and tastiest eats around. Menu options for breakfast, brunch, lunch and dinner change with the season, and while most menu items run from \$10 to \$15, there is also a \$3 "Cheap Food Menu" available during happy hour. The helpings are massive and well worth the price.

Viking Soul Food



1930 NE Everett St. #5
503-704-5481
VikingSoulFood.com

This food cart is only one year old, but I'm not sure how I lived without it. VSF's lefse—a versatile and tasty Norwegian flatbread—delivers a wrap that won't break open, and with fillings like house-smoked salmon and dill crème fraiche or lemon curd and toasted pecans, these wraps will satisfy any craving. Savory wraps are \$4.50 (\$8 for two) and sweet wraps are \$3.50 (\$6 for two).

Flying Elephants Delicatessen



812 SW Park Ave.
503-546-316
ElephantsDeli.com

Flying Elephant's Delicatessen offers a variety of hot foods, healthy prepackaged sandwiches and salads and dangerously delicious baked goods. Elephant's has a location near Director's Park, one block west from the Central Library Portland streetcar stop,

and it's only a 10-minute walk from campus. Be sure to try the incredible oatmeal raisin cookies and stop by right before closing for half-off fresh foods like salad and lasagna.

Little Big Burger



122 NW 10th Ave.
503-274-9008
LittleBigBurger.com

Situated in the Peal District (with a second location on North Mississippi Avenue), this charming burger joint is one of my favorite spots. They serve pint-sized burgers that, while they may be small, are so delicious they are well worth their \$3-and-change price tag. There's not much else on the menu, but they do serve Little Big veggie burgers, and their floats and fries cooked in truffle oil round out the meal.

3 Doors Down Café



1429 SE 37th Ave.
503-236-6886
3DoorsDownCafe.com

This Portland gem is right off Southeast Hawthorne Boulevard. It's been around for 17 years and has established itself as a go-to spot for anyone who needs to feel a little pampered. The menu is Pacific Northwest-inspired Italian with one of the best wine lists in town. Try the tortiglione with sweet Italian sausage and vodka sauce—you'll be hooked!

Boonrod Thai Food

Southwest Fourth Avenue and Hall Street
503-290-4466

With around 35 lunch combos to choose from—all for \$5 and served with an egg roll—Boonrod will more than satisfy your lunchtime needs.

Your options range from noodles to curry to fried rice, and Boonrod is well-known for serving the spiciest Thai food in town (although you can, of course, order everything "mild"). The food here is deliciously fresh with a remarkably short wait, and while it's set a little apart from the rest of the food cart pod, it's still easy to find.

Southeast Grind



1223 SE Powell Blvd.
503-473-8703
SoutheastGrind.com

This is Portland's only 24-hour coffee shop, which makes it perfect for night owl students who need a place to study and drink coffee. They offer free Wi-Fi all day and ample seating with easy laptop hookup. The coffee is so-so but the staff is always friendly and the cafe is never empty, even in the middle of the night. Hot food, salads, pastries, tea and assorted blended drinks are also available.

Apex



1216 SE Division St.
503-273-9227
ApexBar.com

With more than 50 beer taps that rotate on a weekly basis and a beer garden that would make any Czech nod in approval, Apex is a beer nerd's safe haven (so long as you have cash—they don't take cards). This is the perfect late night location for beer connoisseurs, as well as those who are simply curious about Portland's beer culture. Bike parking a-plenty, and enough pinball machines to support a 10th birthday party.

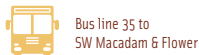
Belmont Station Biercafé



4500 SE Stark St.
503-232-8538
Belmont-Station.com

Belmont Station is probably best known for its store, which sells an incredible array of local and international beer, mead and sake (as well as British candies). That's all fine and dandy, but if you haven't stopped by the biercafé, you're missing out. Sixteen constantly rotating taps are manned by bartenders who are not only able to answer your questions but eager to share what they know. Sandwiches, hand pies, salads, soups, nachos, cheese plates and desserts are all on offer, and special tastings and themed tap weeks are frequently scheduled.

Jolly Roger



5627 SW Kelly Ave.
503-246-5040
JollyRestaurants.com

Oregonians often search for challengers to California's hallowed In-N-Out Burger, but for those longing for In-N-Out itself, there's good news: A local restaurant has actually gone full replica. The Out-and-In Burger, courtesy of the Jolly Roger in John's Landing, is modeled to look and taste exactly like the legendary concoction from down south—only this one comes with superior fries and a better selection of toppings.

The J.R. is a sports bar, so for the best drink deals go on College Football Saturday (\$10 pitchers of Miller Lite) or NFL Sunday or Monday (\$10 pitchers of Coors Light both nights).

Toast

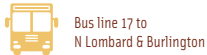


5222 SE 52nd Ave.
503-774-1020
ToastPDX.com

With sticky tabs of kids' drawings covering every inch of the wall, an open kitchen and local ingredients, Toast is pretty homey. It's open seven days a week for brunch and Wednesday through Friday for dinner, offering friendly service, local flair and the real, healthy(ish) Bad Ass Sandwich. The sandwich offers over-easy eggs, bacon, goat's

milk cheese and greens on toast, with a potato rosti. Fork and knife in hand, it is simply delicious.

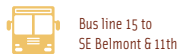
Panadería Santa Cruz



8630 N Lombard St.
503-289-2005

St. Johns is a little out of the way for most students at PSU, but it is worth the trek for Portland's best tacos. There is a hidden taquería in the back of Panadería Santa Cruz—walk past the exotic offerings of the Mexican grocery store and you will find what looks like a cross between your old high school cafeteria and a Mexico City market stall. A menu highlight is definitely the tacos al pastor.

Rimsky-Korsakoffee House



707 SE 12th Ave.
503-232-2640

Camouflaged as an old Southeast Portland manor, Rimsky-Korsakoffee House is a quirky late night dessert café. No signs adorn the Victorian house; only word-of-mouth will bring you there. The pleasure is not only in the decadent desserts (ranging from pies to sundaes to perfectly prepared espresso drinks), but also in the interior decoration—the tables are covered with themed collages of Russian composers and iconic musicians, which gives the place an eccentric ambiance that you are sure to never forget. ☞



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