

Portland Dine-Around

Whenever the Whole Grains Council holds a conference, no matter the city, we look for local restaurants serving whole grains to give you some ideas for dining on your own. Portland is *full* of restaurants that “get” whole grains; we’ve included just a few here to whet your appetite. Bon appétit!

Restaurants listed in this guide include:

- **Andina (Peruvian)**
- **Clyde Common (“European Style Tavern”)**
- **Mama Mia Trattoria (Italian)**
- **Higgins (“Inspired by Classic French Bistros”)**
- **Blossoming Lotus (Vegan, Vegetarian, Raw)**
- **Tabla Mediterranean Bistro (Mediterranean)**
- **Ya Hala Lebanese Cuisine (Lebanese)**
- **Nostrana (Regional Italian)**
- **Meriwether’s Restaurant (Farm to Table)**
- **Wildwood (Farm to Table)**

Scot Laney of Eat Oregon First brought three more restaurants to our attention at the last minute. His email said

We are Eat Oregon First, an exclusively local food grower/distributor in Portland. We grow a wide variety of whole grains at our farms in central and western Oregon and have our own stone milling operation.

Some great places that are using whole grains in interesting ways:

Nostrana

Tabla Mediterranean Bistro

Urban Farmer at The Nines *[right here in our hotel!]*

Paley's Place (James Beard award winner) *[1204 NW 21st Ave – (503) 243-2403*

Lincoln [3808 N Williams No. 127, (503) 288-6200. not open Mondays]

These five chefs are using Oregon whole grain flours to make pasta as well as breads and rolls. Urban Farmer pastry chef Sean Strasser is perhaps the best in the nation with creating breads and even pastry with our Triticale Whole Wheat Flour, a difficult flour to work with but well worth the effort.

Other places you may want to go, although not restaurants per se, are Grand Central Baking (part of the Shepard's Grain movement) and Pastaworks (Hawthorne location). These are both recognized for their commitment to whole grains.

Central Portland and Pearl District:

1. **Andina Restaurant** ("great Peruvian restaurant that does really interesting things with quinoa")

Andina's kitchen creates a rich fusion of tastes and aromas, selecting and preparing only the freshest, with the most authentic ingredients available. Our goal is not only to serve delicious food in a comfortable setting, but also to offer a genuine taste of Peruvian culture as it revolves around and, is transmitted through our cuisine.

*** **Conchas del Señor de Sipán** (quinoa-crusting diver scallops)

*** **Quinto de Hongos de la Montaña** (grilled market fresh vegetables on a bed of golden beet and local mushroom {quinoa} "risotto" laced with truffle oil)

*** **Tabule de Cereales Andinos** (quinoa salad served with queso fresco, avocados and olives)

*** **Pimiento Piquillo Relleno** (piquillo peppers stuffed with cheese, quinoa and Serrano ham)

1314 Northwest Glisan Street

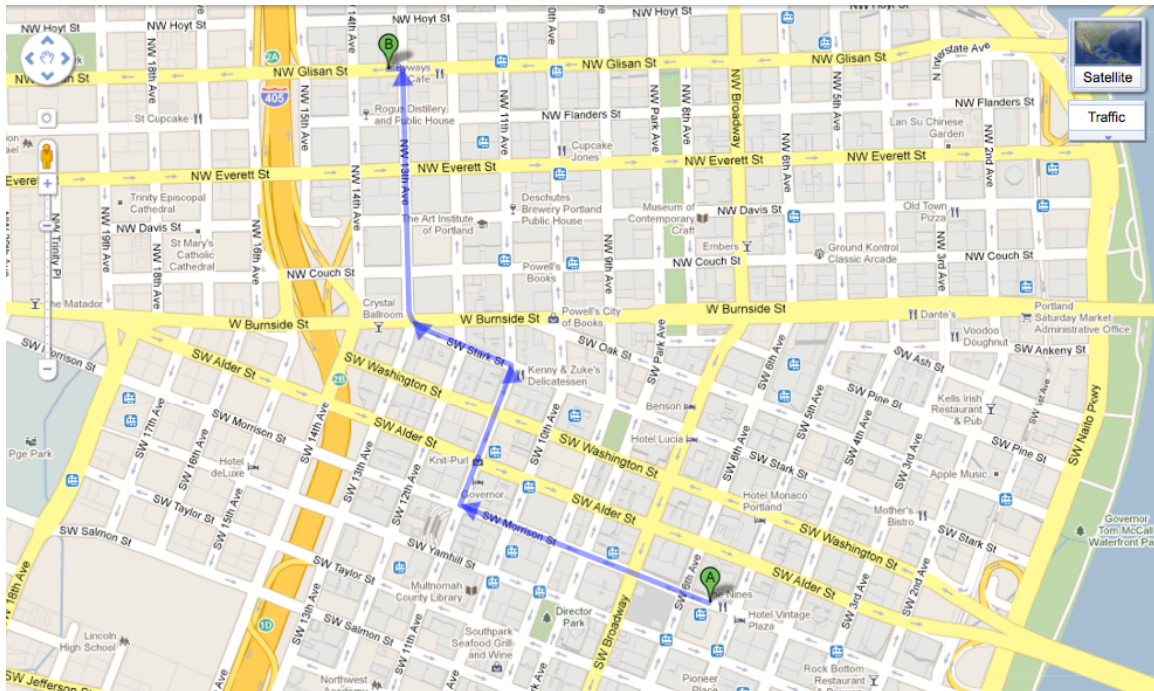
Portland, OR 97209

(503) 228-9535

Monday: 5:00 PM to 9:30 PM

a 15-minute walk (or 6 minute drive) from The Nines Hotel

www.andinarestaurant.com



In all cases, The Nines Hotel is A on the map, and this restaurant is B

2. Clyde Common

Opened in May 2007 by Nate Tilden and Matt Piacentini, Clyde Common is a European style tavern serving delicious food and drinks in a casual and energizing space. Recent menus have included dishes such as

*** **Roasted duck with farro**, pomegranate, swiss chard, and blood orange

*** **Golden trout with black rice fritters** and arugula with fennel vinaigrette

1014 SW Stark Street

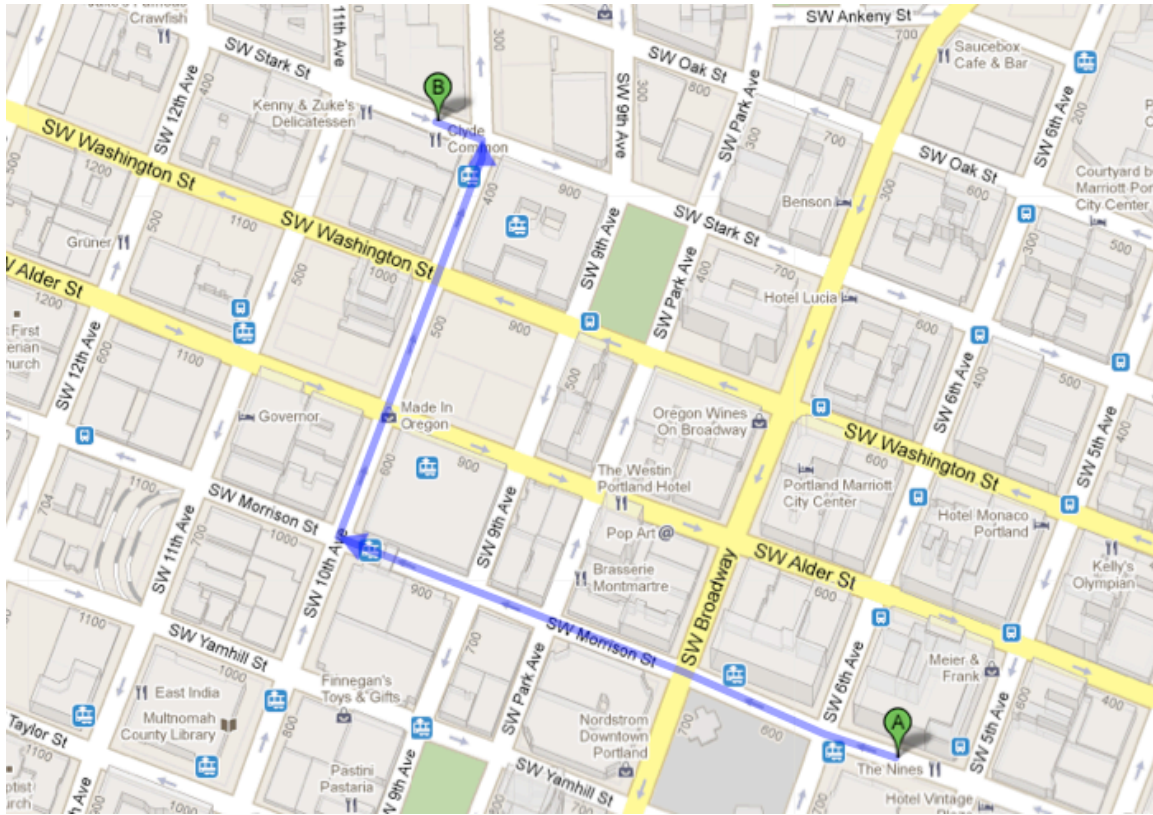
Portland OR 97205

503-228-3333 (reservations only for parties of 6 or more)

Monday: open 6pm – 11pm

8 minute walk / 3 min drive from The Nines Hotel

www.clydecommon.com



In all cases, The Nines Hotel is A on the map, and this restaurant is B

3. Mama Mia Trattoria

The focus at Mama Mia Trattoria is on “food made by southern Italian mothers.” Chef Lisa Schroeder tells us that **brown rice pasta** and **whole wheat pasta** are available with any of her pasta dishes.

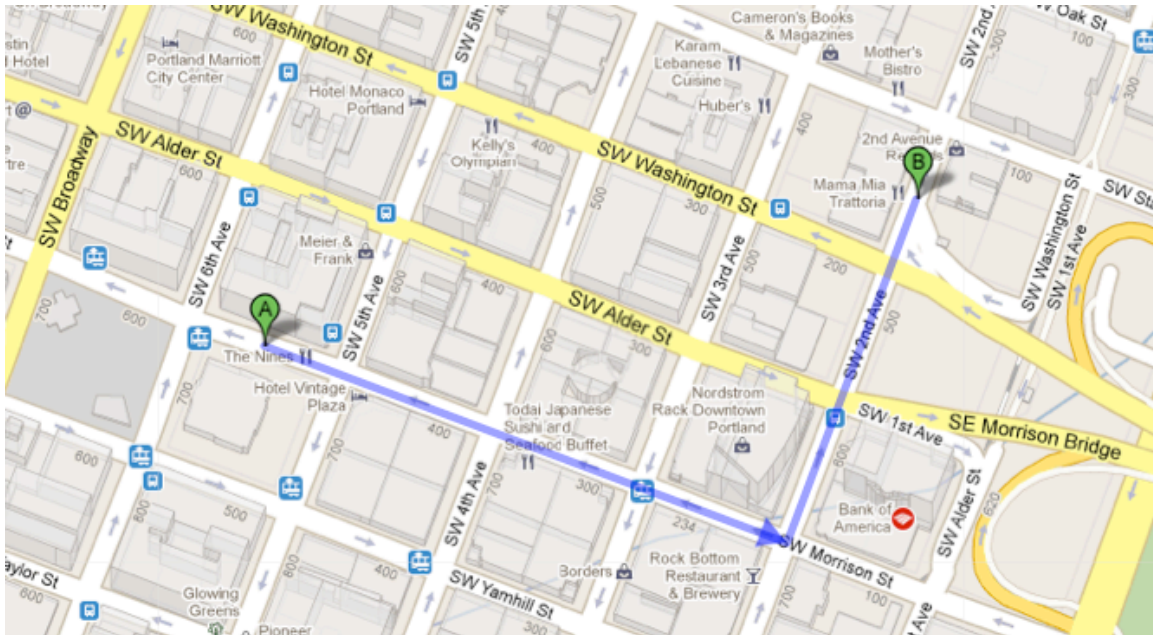
439 SW 2nd Avenue, Portland OR 97204

503-295-6464

5-9 pm daily

3 minute walk from The Nines Hotel

www.mamamiatrattoria.com



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4. Higgins

Inspired by classic French bistros, Higgins features an open kitchen visible from every seat in the restaurant. All the better to see how the chefs combine local, fresh ingredients in imaginative ways! A few whole grain menu favorites include:

*** *Salad of marinated artichokes, quinoa tabbouleh, Moroccan spiced yams, almonds and a tabil vinaigrette*

*** *Buckwheat crepes with artichoke, shiitake mushrooms, potatoes and a tofu cream sauce*

Higgins

1239 SW Broadway

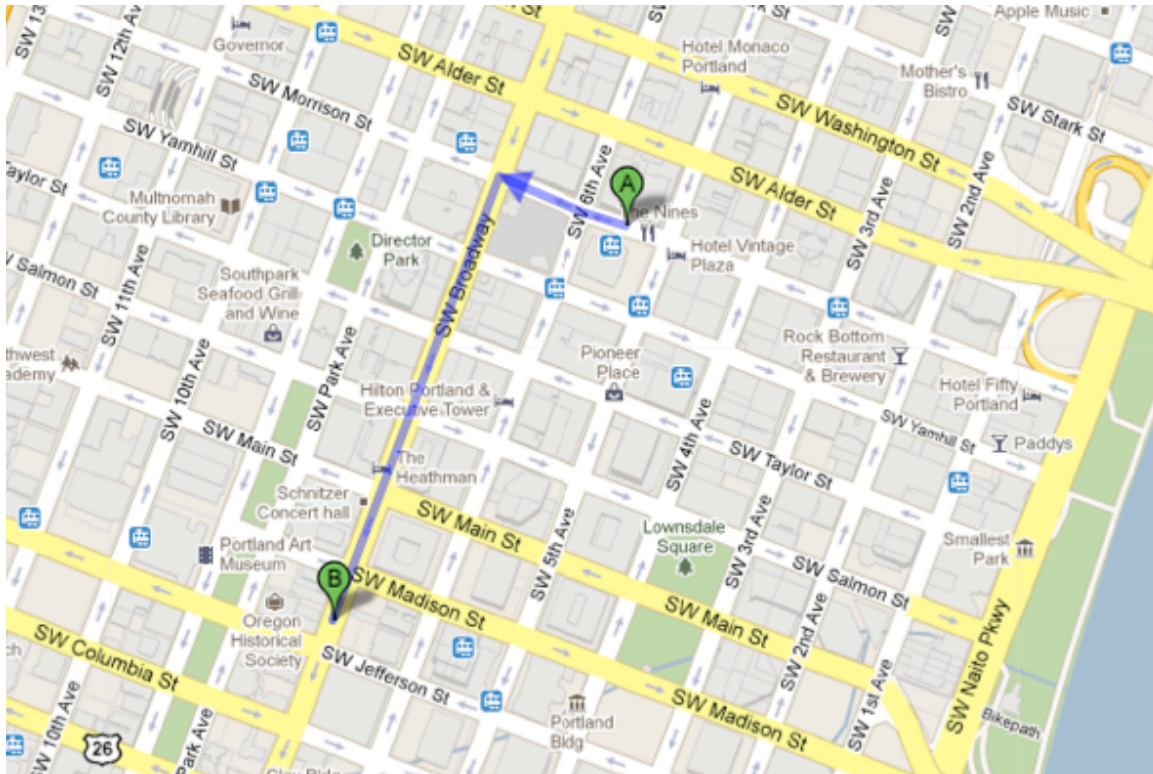
Portland, OR 97205

(503) 222-1244

Monday 11:30 am – 12:00 am

8 minute walk / 3 minute drive from The Nines Hotel

<http://higgins.ypguides.net/>



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Northeast and Irvington District:

1. Blossoming Lotus ("vegan/vegetarian/raw fare in a low key setting... All organic.")
Blossoming Lotus serves all organic, freshly made, Vegan Fusion cuisine. We produce all of our Live Food, Specials, Desserts, Juices and pretty much all you see on our menus, at our State of the Art kitchen at our Irvington location.

*** **Soup and a side** (with whole grain bread, corn bread, rice, quinoa or flax crackers)

*** **Spicy Butternut & Black Bean Chilli Quesadilla** (whole wheat tortilla with spicy butternut & black bean chili, ground walnut chorizo, zucchini tahini nacho cheese, scallion, avocado ranch and roasted red pepper sour cream served with blue corn chips)

*** **Seasonal Stir Fry** (seasonal vegetables and curried cashews in sesame oil and fresh ginger-lime stir fry sauce, served with choice of brown rice, buck-wheat soba noodle or quinoa, topped with fresh cilantro and sesame seeds)

*** **Basic Bowl** (choice of brown rice or quinoa, daily beans and steamed greens, choice of house-made sauce)

Blossoming Lotus

1713 Northeast 15th Avenue

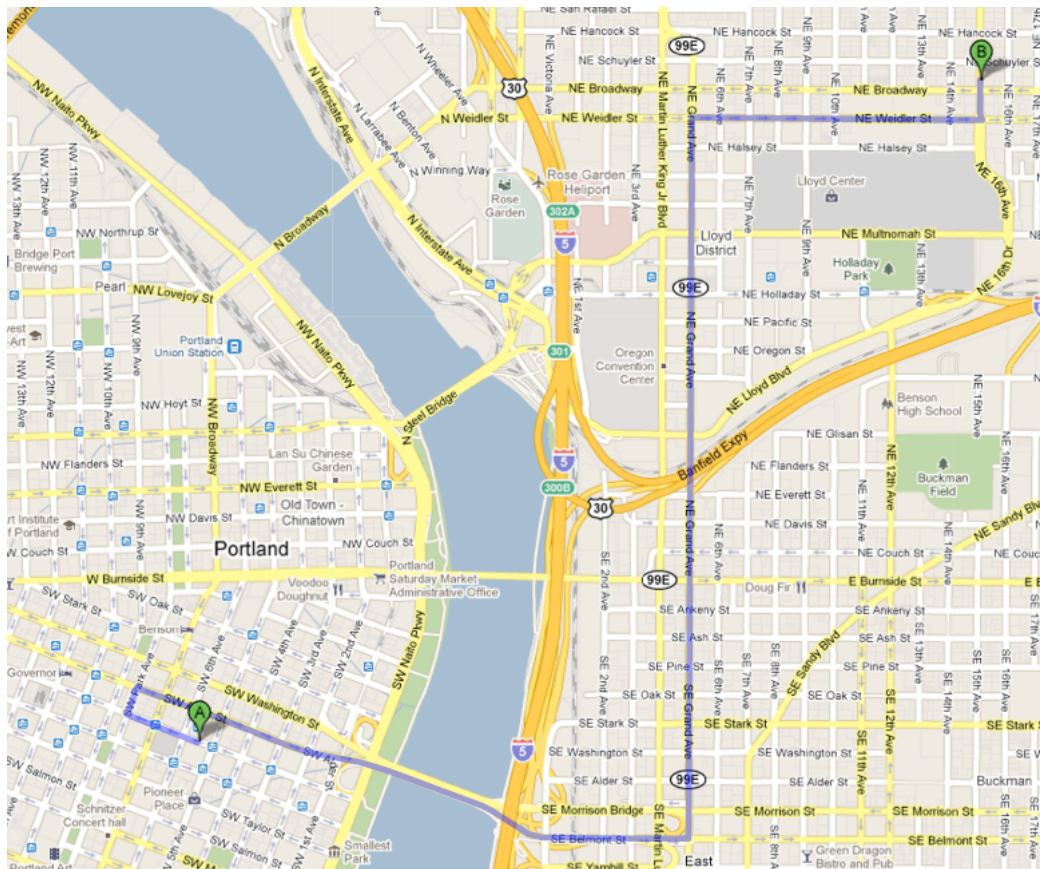
Portland, OR 97212

(503) 228-0048

Monday: 5:00 PM to 9:00 PM

10 minute drive from The Nines Hotel

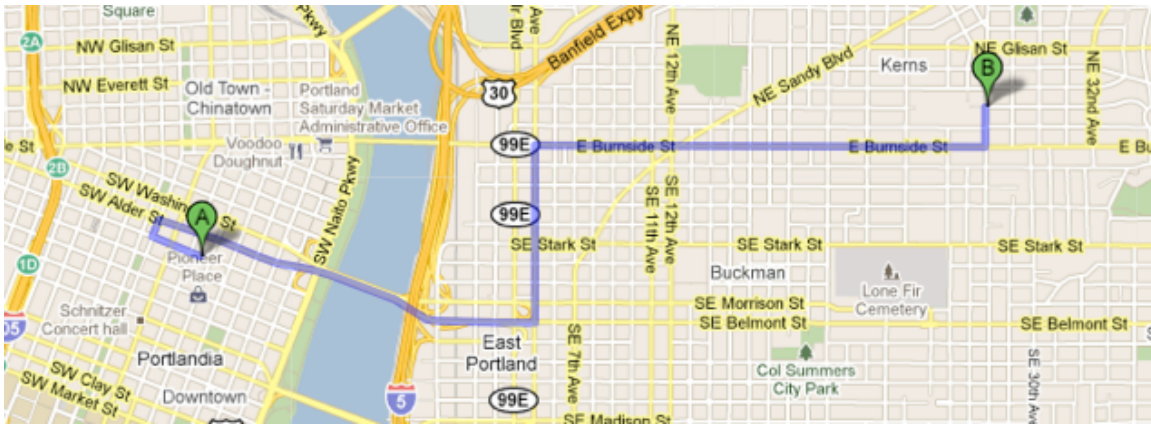
www.blpdx.com



2. Tabla Mediterranean Bistro

Tabla Mediterranean Bistro focuses on adding a modern twist to authentic Mediterranean specialties from regions such as Spain, France, Northern Africa, and Italy. The restaurant keeps it simple with a 3-course (appetizer, pasta, entrée) dinner for \$24. We're pleased to see ***Whole Wheat papardelle with serrano roasted pork ragu*** and caramelized onions as one of the pasta choices.

Tabla Mediterranean Bistro
200 Northeast 28th Avenue
Portland, OR 97232
(503) 238-3777
5:30-closing daily
10 minute drive from The Nines Hotel
www.tmbistro.com/



In all cases, The Nines Hotel is A on the map, and this restaurant is B

Southeast and Mt. Tabor District:

1. Ya Hala Lebanese Cuisine ("Great Lebanese food with lots of whole grains incorporated")

Lively, mural-covered Lebanese restaurant features traditional favorites like falafel and kabobs, fatayer, sfeeha, and dip amazingly delicious warm pita with hummus, baba ghanouj, stuffed grape leaf rolls or veggie mezza.

*** **Tabouli**

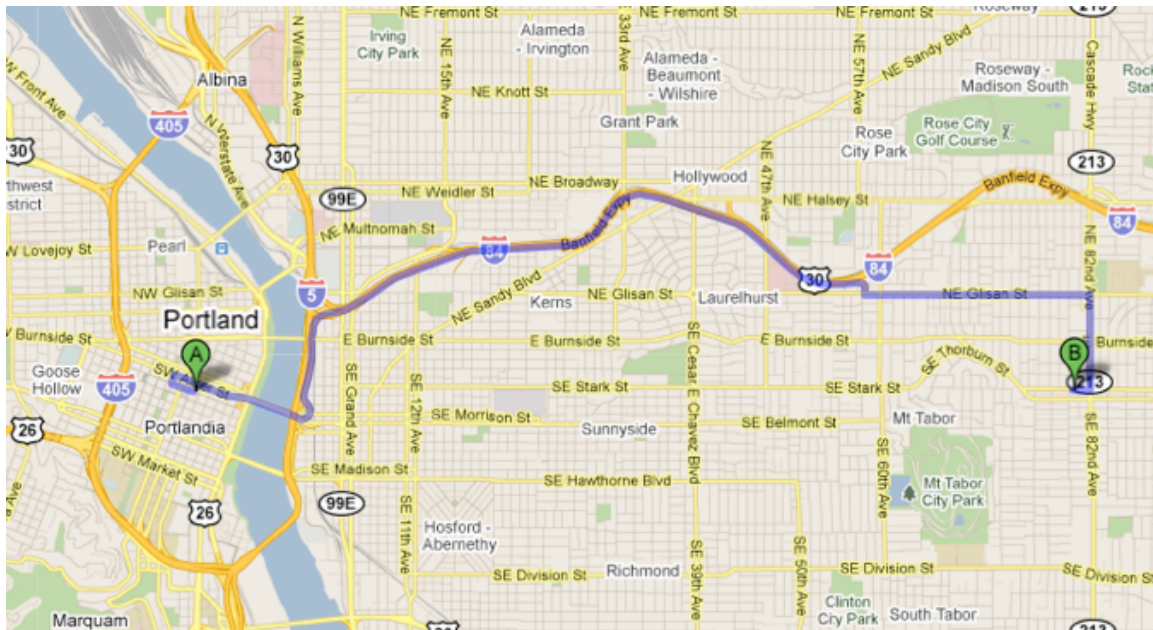
*** **Vegetarian Kibbeh** (Pâté made from gently parboiled bulgar wheat, soaked in tomato purée, mixed with onions, potatoes, delicate herbs such as basil and cilantro, and drizzled with olive oil)

*** **Kibbeh** (Three football-shaped servings of bulgar and lean sirloin pâté, stuffed with cooked ground beef, pine nuts, onions, cumin and cloves)

Ya Hala Lebanese Cuisine
8005 Southeast Stark Street
Portland, OR 97215
(503) 256-4484

Monday: Open until 9:00 PM (they don't take reservations)
15 minute drive from The Nines Hotel

<http://www.yahalarestaurant.com/>



In all cases, The Nines Hotel is A on the map, and this restaurant is B

2. Nostrana (Pure. Regional. Italian)

Executive Chef Cathy Whims was a 2010 James Beard Foundation Award Finalist for Best Chef in the Northwest. Her Chef de Cuisine, Kelly Myers, wrote to us and said,

*We would love to welcome members of the Whole Grains Council to Portland. When you are here we will be serving **stoneground polenta** from Ayers Creek Farm in Gaston, OR. Other whole grain options may include **Bluebird farro**, Koda Farm's **Kokuho brown rice** and **farro cous cous**. Please let me know if you have any questions! I recommend that your members make a reservation for the best experience.*

Nostrana

1401 SE Morrison

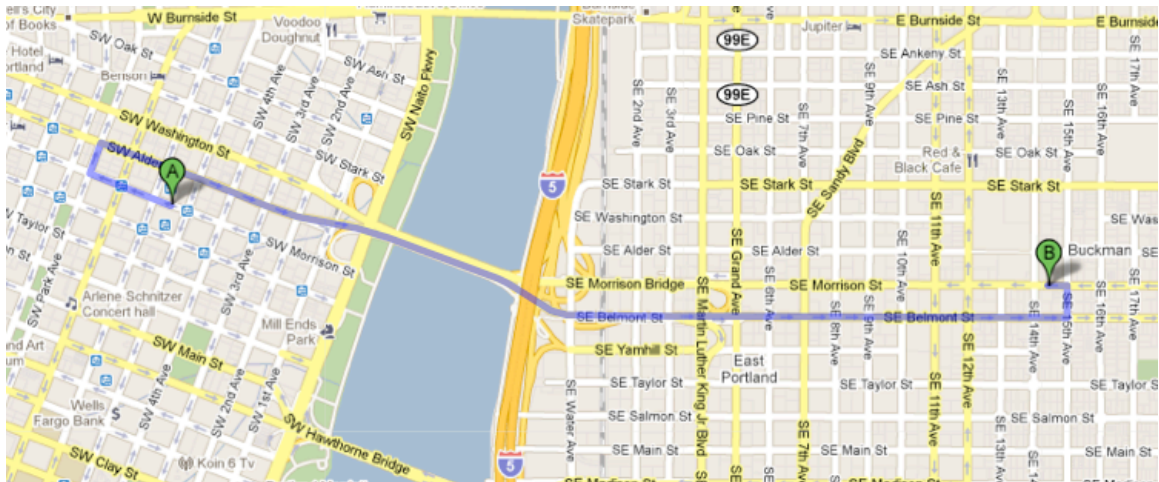
Portland, OR

(503) 234-2427

Monday: Open 5-10, reservations recommended

10 minute drive from The Nines Hotel

<http://nostrana.com>



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Northwest District

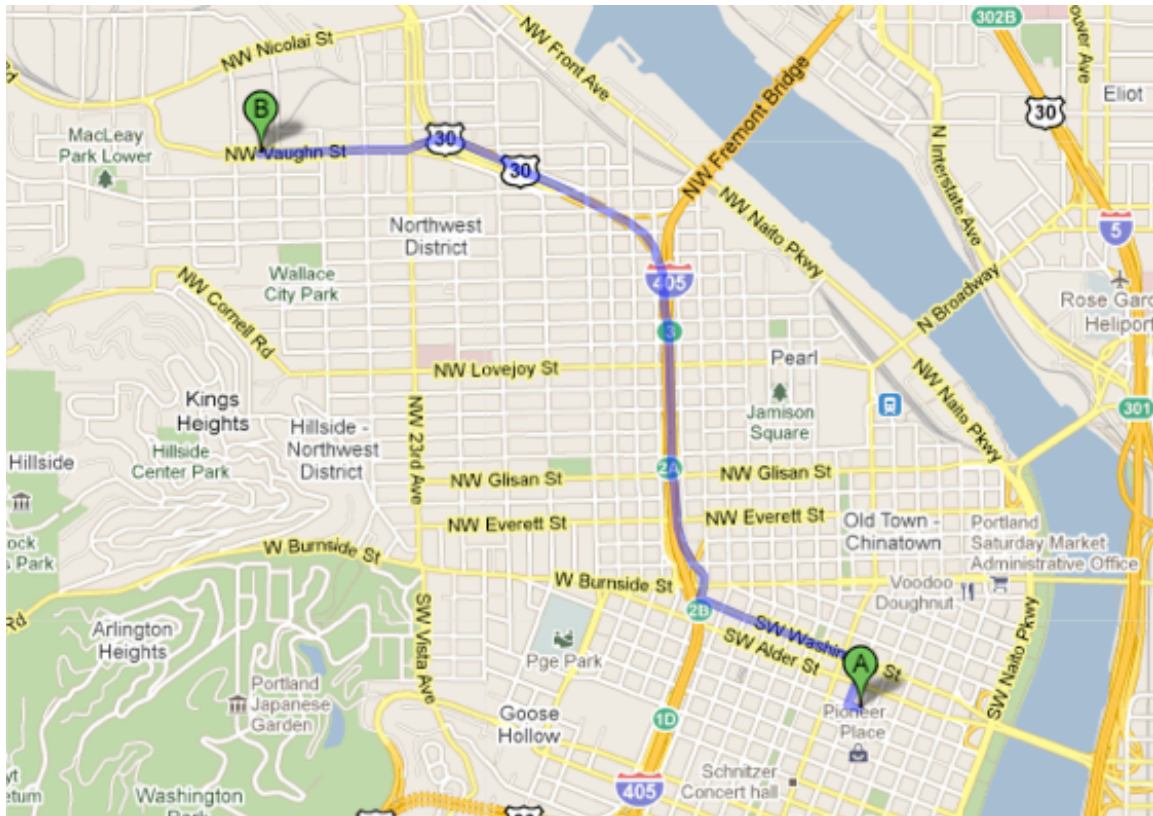
1. Meriwether's Restaurant

Meriwether's has its own farm, a fact which contributes mightily to the local and fresh ingredients on its menu. Any restaurant that has a "pasta and grains" section on its menu is okay in our book. Recent dishes include:

*** **Chanterelle and squash farro**

*** **Spot Prawns and black rice**

Meriwether's Restaurant
2601 N.W. Vaughn Street
Portland, Oregon
Monday: 5:00 - closing
(503) 228-1250
10 min drive from The Nines Hotel
meriwethersnw.com



In all cases, The Nines Hotel is A on the map, and this restaurant is B

2. Wildwood Restaurant

A pioneer in the local, sustainable farm-to-table scene in Portland, Wildwood Restaurant was founded in by James Beard Winner Cory Schreiber in 1994. Since 2006 Executive Chef Dustin Clark has headed up this food lover's favorite, serving dishes such as

*** **Toasted Farro and Baby Turnip Stuffed Cabbage**

*** **Pan-seared Bob's Red Mill Polenta Cake with Collard Greens**

*** **Truffled Popcorn on the bar menu**

Wildwood Restaurant

1221 NW 21st Avenue

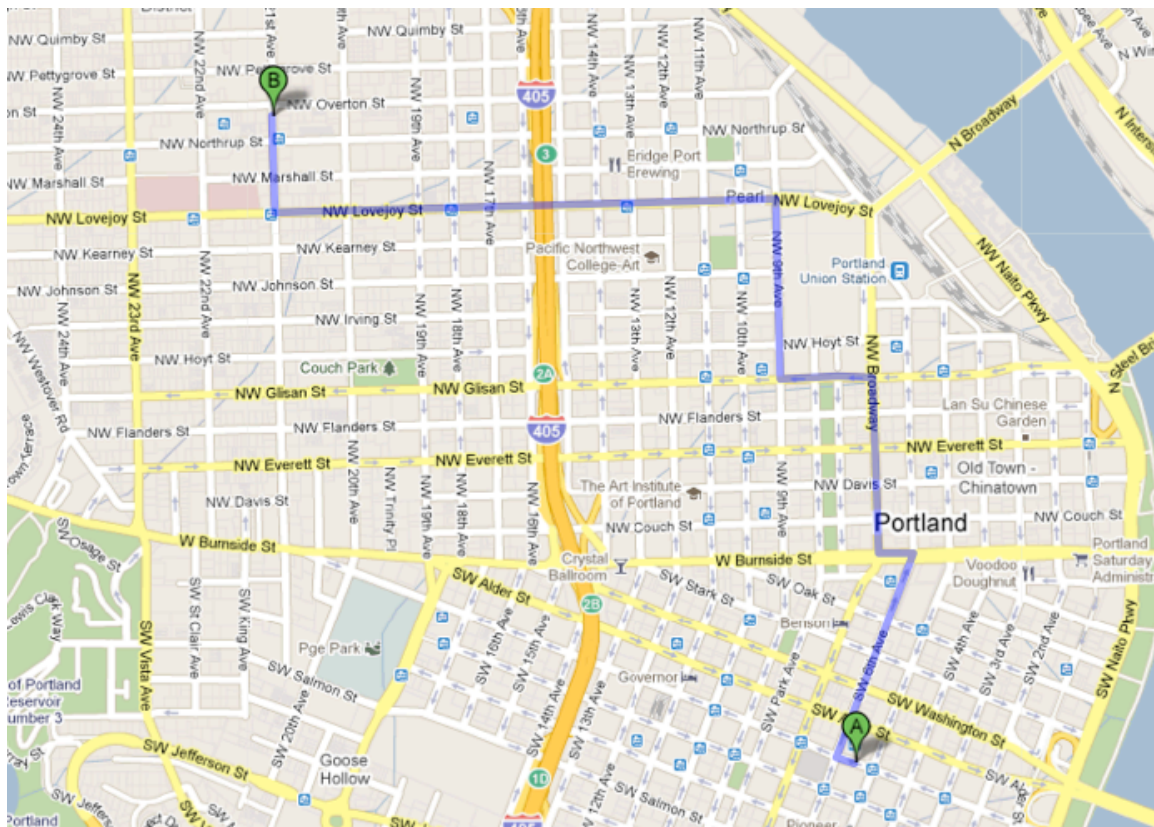
Portland, OR 97209

(503) 248-9663

Monday: 5:30-9:00 pm

8 minutes drive from The Nines Hotel

www.wildwoodrestaurant.com



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