Some of Our Favorite Places:
Where MURPs like to eat, drink, study, shop, and relax...

PSU CAMPUS AREA

FOOD

1. **Hot Lips Pizza - 1909 SW 6th Ave (also at the Ecotrust building)**
Hot Lips is locally owned, sells pretty decent pizza by the slice, and tries to source local and seasonal ingredients. They also make their own seasonal sodas which they keep on draft with a small selection of beers.

2. **Pizzicato - 1708 SW 6th Ave**
Pizzicato sells a variety of pizzas, salads, and sandwiches and is conveniently located in the Urban Center Plaza.

3. **Baan Thai - 1924 SW Broadway**
Baan Thai has limited seating and can be slow, but the food is worth the wait if you have the time. Check out the lunch specials if you want to try some of their specialty curries and Thai dishes for less cash.

4. **Food for Thought - PSU Smith Memorial Union 026 (Basement)**
This student run cafe, specializing in local, organic, vegetarian and vegan dishes, is surprisingly cheap. They also sell Stumptown coffee, a variety of teas and pastries, and have lots of tables to spread out and study.

5. **Paccini’s - 1717 SW Park Ave**
This place opened last year and has everything except atmosphere...good happy hour menu, pool and ample tables, great wings. Good post test meeting place.

6. **Portland Farmer’s Market - South Park Blocks**
Vendors sell a variety of fresh produce, cheese, meats, seafood, flowers, coffee, and ready to eat items. Check [www.oregonfarmersmarkets.org/](http://www.oregonfarmersmarkets.org/) for other area markets.

   Saturday Market: 8:30 am - 2:00 pm through November/December (starts at 9:30 in Nov/Dec). Located in the South Park Blocks between SW Harrison and Montgomery.

   Wednesday Market: 10:00 am - 2:00 pm through October 25. Located in the South Park Blocks between SW Salmon and Main.

7 & 8. **Food carts - Various locations**
Check out the Thai cart on SW 5th & Market (across from the Urban Center) or the Indian cart and others at SW 4th and College for some good, cheap, fast food.

9. **Safeway - 1025 SW Jefferson Street**
A whole grocery store is waiting on 10th if you can't find anything at the places listed above.
REALLY NICE FOOD

10. Higgins Restaurant and Bar - 1239 SW Broadway
This is where you take the parents or anyone kind enough to buy your dinner. A true example of the “seasonal/local” cooking movement in Portland, at its peak in the fall with all the mushroom dishes.

COFFEE/STUDY

4. Food for Thought - See above

11. Seattle’s Best - Urban Center plaza
The coffee is just okay, but the location can't be beat. Save your cup and your receipt for a 50 cent refill.

12. Park Avenue Cafe - 1525 SW Park Ave
This cafe offers decent sandwiches and good coffee, both a little overpriced, and outdoor seating on the South Park Blocks.

13. Broadway Coffee - 1924 SW Broadway
You'll get tired of Seattle’s Best soon enough. This cafe has decent coffee and crepes. The proprietor is very friendly and it's a good place to study.

DRINK

14. McMenamins Market Street Pub - 1526 SW 10th
A nice pub close to campus.

15. Kells Irish Restaurant and Pub - 112 SW 2nd Ave
Kells offers live Irish music 7 nights a week and cheap food during happy hour (M - F, 4:00 - 7:00 pm)

OTHER PLACES TO SPEND YOUR TIME AND MONEY

16. Bishop’s – 1031 SW Columbia St
Have a beer while you wait to have your hair cut. Walk-ins only. Also at 326 NW 21st Ave.

SOUTHWEST/DOWNTOWN

FOOD

The Food Carts - All over
There is no shortage of fast and cheap food with the abundance of food carts around downtown.

17. Voodoo Doughnuts - 22 SW 3rd
Voodoo Doughnuts is open really late and offers a variety of doughnuts you won't find anywhere else, including several vegan options.
18. Mio Gelato - 25 NW 11th Ave
Delicious gelato and good espresso.

19. Veganopolis – 412 SW 4th St
The whole menu is vegan. The regular menu is okay, but the soups and daily specials are usually really good.

20. Goose Hollow Inn - 1927 SW Jefferson
Excellent roast beef sandwich, heated deck. Really cool old Portland pics inside and old men at the bar always up for conversation.

COFFEE/STUDY

21. Stumptown – 138 SW 3rd Ave and 1026 SW Stark (at the Ace Hotel)
Stumptown is considered by many to be the best coffee in Portland. While that assertion is debatable, the coffee is consistently good.

22. World Cup Coffee – 1005 W Burnside (In Powell’s book store)
There are lots of tables and the shop is open until 11:00 pm.

DRINK

23. Shanghai Tunnel - 211 SW Ankeny St
Great dive and people watching, way smoky though. Their food is served late and everything tastes excellent, just don’t look in the kitchen on your way out. Finish your evening here.

24. Kelly's Olympian - 426 SW Washington
Another great dive, located downtown. Their happy hour is an excellent way to start/end the evening.

25. Commodore - 1601 SW Morrison
My favorite dive in Portland. Best juke and stiffest gin and tonic you will ever experience. They have pool in the back and the bar is nice and cozy, but really smoky.

NORTHWEST PORTLAND

FOOD

26. Swagat Indian Cuisine – 2074 NW Lovejoy St
Solid Indian food for pretty good prices.

27. Laughing Planet – 922 NW 21st Ave
I love burritos and these are the tastiest I’ve found in town. They also have Terminal Gravity IPA on tap, one of Oregon’s finest.

28. Beau Thai – 730 NW 21st Ave
Great Thai in NW. They make their own tempeh and the fresh spring rolls rock.
29. Garbonzos – 922 NW 21st Ave
The best falafel in the city.

30. Ken’s Artisan Bakery – 338 NW 21st Ave
Good bread and pastries. Be sure to check out Ken’s pizza place on the eastside.

31. Cha! Cha! Cha! - 1208 NW Glisan St
Relatively cheap, good Mexican food.

COFFEE/STUDY

32. Urban Grind - 911 NW 14th Ave
Good café for a hot chocolate on a snowy day when you’re counting pedestrians.

33. World Cup Coffee and Tea - 721 NW 9th Ave
Good café for study group meetings. At the Ecotrust building.

DRINK

34. Blue Moon – 432 NW 21st Ave
A McMenimin's place on 21st & glisan with outdoor seating prime for people-watching.

35. Slabtown - 1033 NW 16th Ave
A little tricky to find, basically under the 405 freeway ramp. Very smoky but cheap beer and friendly folks, plus darts, pool, etc.

36. Bridgeport Brewery - 1313 NW Marshall
The first microbrewery in Portland. Excellent beers in a recently restored building. A little pretentious, but the beer makes up for it.

OTHER PLACES TO SPEND YOUR TIME AND MONEY

37. Music Millennium – 801 NW 23rd
Great selection of used CDs. They frequently have in store performances for bands in town.

38. Lush – 803 NW 23rd Ave
Handmade bath products. They are a bit pricey, but well worth it.

39. Cinema 21 – 616 NW 21st Ave
Offers great indy films that usually only run for one week. Get there quick before your movie disapears.
SOUTHEAST PORTLAND

FOOD

1. The Farm Café – 10 SE 7th
The Farm Café is cozy inside and serves wonderful, fresh, seasonal items. Soups are made fresh daily and the menu offers meat, vegetarian, and vegan friendly dishes.

2. Pepino’s Mexican Grill – 3832 SE Hawthorne Blvd
Fast and cheap taqueria with lots of interesting vegetarian options.

3. Genie’s – 1101 SE Division
This is a great place to go for breakfast and brunch. Expect to wait for a table on the weekends.

4. Red & Black Cafe – 2138 SE Division
Organic, local, vegetarian and vegan friendly. This worker-owned cafe has coffee, beer, sandwiches, salads, soups, and daily specials. It is usually a pretty good place to study except for when they open up a stage for local singer/songwriters to play on.

5. Clay’s Smokehouse BBQ – 2932 SE Division St
Great BBQ joint with lots of good beers on tap, and reasonably priced for the portion size.

6. Restaurant Nicholas – 318 SE Grand Ave
Delicious and cheap Lebanese food. Try the mezza platters for variety. Mezza platters can be ordered meat, vegetarian, or vegan.

7. Le Bistro Montage – 301 SE Morrison
Montage is a popular late-night hangout in the Inner Eastside Industrial area. They serve up cajun-style food until 4 am on the weekends. Drinks and desserts are especially good here.

8. India Oven – 3862 SE Hawthorne Blvd
Super cheap Indian buffet that will send you straight to food coma.

9. Pok Pok – 3226 SE Division St
Amazing street-vendor style Thai food for pretty cheap. The hours are pretty limited right now, but Pok Pok appears to be taking over the building next door and expanding into a regular restaurant that will hopefully offer regular restaurant hours.

10. Laughing Planet – 3320 SE Belmont
The burritos are great, but Laughing Planet also has a number of tasty salads, quesadillas, and rice bowls.

11. Utopia Cafe – 3308 SE Belmont
A great place to go for breakfast (if you’re willing to wait) with a nice looseleaf tea collection.

12. Pix Patisserie – 3402 SE Division
Amazing desserts. The showcase window alone will have you drooling before you even walk through the door. Open late on the weekends.
13. Lauro Mediterranean Kitchen – 3377 SE Division # 106
Neighborhood restaurant and bar featuring dishes inspired by the cuisine of Spain, Portugal, Morocco, Italy and Greece.

Really, really, really good pizza. Be prepared to wait.

15. La Villa – 719 SE Morrison St
Really good, really cheap Mediterranean food.

16. Pastaworks – 3735 SE Hawthorne Ave
A European style market that lovers of good food and wine frequent.

17. Cha! Cha! Cha! - 1605 SE Bybee Blvd
Relatively cheap, good Mexican food.

18. Oaks Bottom Public House - 1621 Se Bybee Blvd
Beer, burgers, and totchos.

19. People’s Food Coop - 3029 SE 21st Ave
Cooperative grocery with a year-round farmer’s market from 2-7 pm on Wednesdays.

DRINK

20. Bridgeport Ale House – 3632 SE Hawthorne Blvd
Great beers and good happy hour prices on food. If you’re up for drinking early in the week, Bridgeport discounts their Blue Heron Pale Ale all day Monday and the Bridgeport IPA on Tuesdays.

21. Night Light Lounge – 2100 SE Clinton St
This bar has a really good selection of beers on tap, a nice outdoor seating area, and good happy hour food.

22. Horse Brass Pub – 4534 SE Belmont St
There are over 50 beers on tap at this Mt. Tabor area hangout. That's pretty much all you need to know. Food is mostly limited to traditional English pub style food.

23. Space Room – 4800 SE Hawthorne Blvd
Way smoky but a great dive in a former Denny’s like building. I’m not usually a Long Island fan, but they’ll only let you have 2 here-what’s that tell ya?

24. Dot’s Cafe – 2521 SE Clinton St
Decent beer selection and good food that is served late. Can get a little smoky at night.

25. Aalto Lounge – 3356 SE Belmont St

26. Produce Row Cafe – 204 SE Oak St
A nice pub in inner Southeast Portland with 29 different beers on tap.
27. Holocene – 1001 SE Morrison St
Part of the Portland nightlife, this club offers food, drinks, and dancing.

COFFEE/STUDY

28. Red Wing Cafe – 1700 SE 6th
A great place to get work done or study before 6 pm. Red Wing roasts their own coffee and makes delicious soups and pastries fresh daily.

This coffee shop is hidden away in the middle of residential Ladd's Addition. The coffee is not the greatest, but the environment is good for studying if you can snag a spot at a table.

30. Stumptown – 3356 SE Belmont or (preferred) 4525 SE Division St
Pretty much the official coffee of Portland. The Division location is generally less crowded, more cozy, and better for getting work done.

31. Pied Cow Coffeehouse – 3244 SE Belmont St
An old Victorian-style house with an outdoor garden-type seating area, Pied Cow's unique feel manages to compensate for the sub-par service.

32. Fresh Pot - 3729 SE Hawthorne Blvd (in Powell's)
There is not a lot of room at this coffee shop inside of the Hawthorne Powell's, but the coffee is pretty good. If you manage to find a seat, it's a decent place to study.

OTHER PLACES TO SPEND YOUR TIME

33. Mt. Tabor Park – SE 60th Ave & Salmon St
This park offers great views of downtown from the west side and is covered with pedestrian and bike paths. On Wednesdays, the park is closed to cars.

34. Laurelhurst Park – SE 39th Ave (between SE Stark & Ankeny streets)
A nice shady park with big trees, tennis courts, walking and biking paths.

Springwater Corridor Bike Path -
Trail information: http://www.40mileloop.org/trail_springwatercorridor.htm
Beautiful bike trail that runs between the old railroad tracks and the Willamette River all the way to Sellwood. The trail breaks up in Sellwood before you get to the East-West portion of the Springwater Corridor, which runs out to Johnson Creek.

OTHER PLACES TO SPEND YOUR MONEY

35. Laurelhurst Theater – 2735 E Burnside St
For less than $10, see a movie, drink a beer, and grab a slice of pizza.

36. Baghdad Theater – 3702 SE Hawthorne Blvd
Similar to the Laurelhurst, with only one screen.
37. Clinton Theater – 2522 SE Clinton
Clinton Theater runs movies, both new and old, that other theater usually won't have. They also do the whole Rocky Horror Picture Show thing.

38. Seven Corners Bike Shop – 2314 SE Division
There are plenty of great bike shops in SE Portland. This one just happens to be my favorite. The owner is really enthusiastic about bike commuting and extremely helpful.

39. City Bikes Bike Co-op – 734 SE Ankeny St
City Bikes sells lots of refurbished commuter bikes. They also have an annex nearby where you can buy parts.

40. Bishop's – 3646 SE Hawthorne Blvd
They'll offer you a beer while you wait to have your hair cut. Walk-ins only.

41. Rudy's Barbershop – 3015 SE Division St.
Same idea as Bishop's.

42. Really Good Stuff – 1322 SE Hawthorne Ave
Best junk store.
NORTHEAST

FOOD

43. Bella Faccia Pizza – 2934 NE Alberta St
Best thin crust pizza in Portland.

44. Acadia – 1303 NE Fremont St
Good Cajun food, a bit pricey.

45. Alberta Cooperative Grocery – 1500 NE Alberta St
Kinda what you would expect with a nice selection of bulk foods

26. New Seasons - 5320 NE 33rd (any many other locations around town)
Best grocery store in Portland. Love the produce.

47. Vita Café – 3024 NE Alberta St
It's a vegan friendly cafe, but there is something for everyone.

48. Tin Shed Cafe – 1438 NE Alberta St
2nd best breakfast in Portland. The patio kicks ass and is also dog friendly. Be prepared to wait if you go on Saturday or Sunday morning, but it's well worth it.

49. La Bonita – 2839 NE Alberta St
Best $3.00 burrito in NE Portland.

50. Old Wives Tales – 1300 E Burnside St
Huge menu and lots of seating, very veg friendly. Another great weekend place when you don’t want to wait in line for an hour elsewhere.

51. Chaba Thai – 5810 NE Sandy Blvd
I hate to let the word out on this place, but it’s my favorite Thai in town and is super cheap. Go early because there it gets busy around 7.

52. Ya Hala Lebanese Cuisine – 8005 SE Stark St
Good, cheap Mediterranean food, especially if you order a la carte.

53. La Buca – 40 NE 28th Ave
Some decent cheap Italian food.

DRINK

54. Alberta Public House – 1036 NE Alberta St
Nice casual place. Good outdoor seating with heat lamps in the winter.

55. The Know – 2026 NE Alberta St
Yeah, it's kinda like that- hipster hang out that serves beer & wine only.
56. **Binks – 2715 NE Alberta St**
Casual, neighborhood type place.

57. **Every Day Wine – 1520 NE Alberta St**
Really friendly place. They have cheap wine flights on Friday night and you can drink at their bar, many bottles of wine under $10.00. Customers are encouraged to pick up their own food to bring in and enjoy with the wine.

58. **Doug Fir - 830 E. Burnside**
Amazing architecture and one of the best places to catch live music, as relatively big names play it and you can basically stand on stage with them. Non-smoking too. Also their breakfast is killer and usually no wait on weekends.

59. **Beulahland – E Burnside and 28th**
A good place to hang out any night of the week, but Tuesdays are Trivia nights.

**COFFEE/STUDY**

60. **Fuel – 1452 NE Alberta**
Close to the 8 bus line stop, pretty good coffee, and a nice patio.

61. **Concordia Coffee House – 2909 NE Alberta St**
Serves Stumptown coffee. A good study spot.

**OTHER PLACES TO SPEND YOUR TIME**

62. **Irving park – NE Fremont & 7th**
A nice, big park with dog off leash spot.

63. **Alberta Park – NE Killingsworth St & 22nd Ave**
Includes basketball court, dog off-leash area, paved and unpaved paths, and other amenities.

**OTHER PLACES TO SPEND YOUR MONEY**

64. **Community Cycling Center – 1700 NE Alberta**
They sell re-furbished bikes. This is a great place to find a bike on the cheap.

65. **Bishops – 2132 NE Alberta**
Cheap and trendy hair cuts. Have a miller high life while you wait.

66. **Kennedy School – 5736 NE 33rd Ave**
Nice brew and view. A great place for family to stay while in town. Also, if you live in the neighborhood you can use their soaking pool for 5 bucks- well worth it.
NORTH PORTLAND

FOOD

67. Gravy – 3957 N Mississippi Ave
Best breakfast in Portland. Get there before 10 am to beat the crowds on the weekend.

68. Grand Central Bakery – 1444 NE Weidler St
Brand spanking new building with the best bread in town. Try the pastries (all of them are fantastic) and soup.

69. Pix Patisserie – 3901 N Williams Ave
This new Pix location is not exactly on Mississippi, but close by. Plenty of excellent pastries to choose from.

70. The Mississippi Pizza Pub – 3552 N Mississippi Ave
Good pizza, beer, and live music seven nights a week.

DRINK

71. Crow Bar – 3954 N Mississippi Ave
A bit smoky, but the place has good drinks.

72. Widmer Brothers Gasthaus – 955 N Russell St
Excellent beer and great food.

73. Amnesia Brewing – 832 N Beech St
Hands down the best beer in this city. They sometimes have live music and you can bring your own stuff to throw on the grill. They also have really good sausages.

OTHER PLACES TO SPEND YOUR TIME AND MONEY

74. The Rebuilding Center – 3625 N Mississippi Ave
This is an excellent place to look around. The shop sells reused building supplies and has a little bit of everything.
NIGHT OUT

FIRST THURSDAY- Pearl District
On the first Thursday of each month, galleries throughout the Pearl District open up their doors. Could make for an interesting night of art or people-watching. Parking is limited. Bike or go by transit if possible.

LAST THURSDAY- Alberta Arts District
Alberta also has its share of galleries and a totally different feel from the Pearl District. Alberta’s gallery hop occurs on the last Thursday of each month.

OTHER RESOURCES

Barfly – Available in many Portland watering holes or online at www.barflymag.com
This is a great guide to bars in Portland. I’ve discovered many a favorite dive with this gem.

Wild In the City, edited by Mike Houck and MJ Cody.
A guide for all greenspaces in Portland, including history, maps, directions, transit access, etc. This is really nice for those without a car who want to get “out there” on the weekends.

Willamette Week – Pick up a copy at your local coffee shop, bookstore, etc.
Willamette Week is great for upcoming music shows. The music scene here is truly unique in that you get to see great bands up close and personal and there are really good local bands. Also, look for their annual “Cheap Eats” and restaurant guides.

TRANSPORTATION

www.gettingaroundportland.org
A City of Portland website with links to all sorts of transportation information. You can download or order biking and walking maps online or pick them up at the PSU Parking and Transportation Office in the Urban Center Plaza.

www.trimet.org
Plan your trip online before you leave. Check for schedules and alternate routes. Each bus or MAX stop has an ID number. Use Transit Tracker via the web or 503-238-RIDE to check see if your bus is on time.

www.google.com/transit
Another way to plan your public transportation trip.

www.bta4bikes.org – Bicycle Transportation Alliance

www.bycycle.org
Plan your bicycle route online before you leave.
GETTING OUTDOORS

www.portlandhikers.com and www.nwhiker.com
Trail descriptions…

Nature of the Northwest Information Center – www.naturenw.org
You can go here to buy maps, trail guides, and a Northwest Forest Pass for parking at many area trailheads. Powell’s Books and REI are other good places to buy maps and guides.

PSU Outdoor Program - www.campusrec.pdx.edu/odp
Organized trips and gear rentals. Other campus recreation info at the above website as well.

Please send any additions, corrections, or suggestions to murpmap@gmail.com.