



PORTLAND PICKS™

life + style to you: *every Friday*

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July 17th, 2009

This may not be our proudest moment, but we're going to admit right here that we need to detox. For at least a week. The organ formerly known as "the liver" has been ridden rough-shod through every street fair, wine bar and margarita joint in this town over the last few weeks and our dining-out choices have been based more on "the grease factor" than anything else. Are we proud? Nope. Are we exhausted? Well, yes. Did we have a good time? Heck, yeah! (Tee hee. Hic.)

Sure, we could be doing hot Yoga or reading all those books we've artfully piled on the nightstand. We could be taking long hikes in Forest Park or volunteering or doing about a thousand things that would take the focus off our (temporarily) shallow lives. Ah, but what the heck. It's summer, we just bought a sexy straw cowboy hat (purchased while tipsy, mind you), and this wonderful weather won't last long. Bottoms up!

p.s. Wine lovers, rejoice! **Forward this issue to 5 or more friends and CCpicks@portlandpicks.com for your chance to win a pair of tickets to the Zinfandel Advocates and Producers' Grand Tasting & BBQ.** See the Hip Happenings for more details on the event.

Portland Picks:
Happenings for more details on the event.

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1 Enter Stage Left

We *hate* to be embarrassed. (Really, does anyone *like* to be embarrassed?) Skirt tucked into our undies at work? It's happened. A piece of a spinach stuck in our teeth all evening long? Yup. But there's nothing worse than a stomach rumble that sounds like Mt. St. Helen's on a bad day, when say, we're standing next to a potential Mr. Right during a quiet elevator ride. (That happened too, and it was so wrong!)

Vowing not to let that happen again, we were delighted to stumble upon the newly-opened breakfast and lunch spot, Leftbank Café, to satiate our stomachs with local, seasonal, and sustainable goodies. With so much goodness to choose from—delicious sandwiches (smoked turkey, salami and fresh mozzarella); petite gourmet pizzas (Margherita, roasted vegetable); spinach and panzanella salads; daily and weekly specials like bagel egg sandwiches or Daal with rice and flat bread; house-made pastries; and local beer from Upright Brewing Company—we will never go hungry again.

Oh thank you, Leftbank Café, for ensuring we will not have to endure another embarrassing grumbling moment, and for filling us with nourishing nibbles to thwart our hunger pangs.

Leftbank Café
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