

Best Vegan Restaurants in Portland

Portland has a historic legacy for being a progressive and alternative city. Touted for its verdant and mountainous surroundings, iconic city parks, and edgy hipster appeal, Portland has spearheaded many alternative lifestyle movements that have now become mainstream fads.

A case in point is veganism. Portland is home to the world's first vegan supermarket chain and has one of the best vegan restaurant scenes in the U.S. Many of Portland's vegan restaurants champion farm-to-table and eco-friendly philosophies.

While most restaurants in Portland have vegan-friendly options, Portland's astounding variety of 100% plant-based restaurants are nearly as plentiful as its omnivorous options. Below, I'll list my top picks for the best vegan restaurants in Portland.

Best Vegan Restaurants in Portland

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Blossoming Lotus

1713 NE 15th Ave, Portland, OR 97212

Phone: 503-228-0048

[Visit Website](#)

Originating as a bakery and juice bar in Hawaii, Blossoming Lotus opened a full-service bar and restaurant in Portland's Irvington neighborhood in 2000. For over 20 years, Blossoming Lotus has wowed locals with a creative menu of colorful, complex, and nutritious plant-based meals. They have a full bar with local beer, wine, and craft cocktails to accompany lunch, brunch, and dinner.

The eclectic menu runs the global culinary gamut, from Korean Bibimbap to tacos. True to their roots, they still offer a wide selection of fresh juices and smoothies. I was in the mood for Italian,

so their fettucine with basil pesto, sundried tomatoes, plant-based parmesan, zucchini, pine nuts, and arugula hit the spot.

Dirty Lettuce

4727 NE Fremont St, Portland, OR 97213

Phone: 971-888-4158

[Visit Website](#)

Don't let the name fool you. "Dirty" refers to the Dirty South and lettuce is nowhere to be seen at this decadent Southern Comfort kitchen. You'd never guess that Dirty Lettuce was a 100% plant-based restaurant. Every menu item is full of cheesy, meaty, fried goodness that'll stick to your bones as if it were the real thing.

Located in Beaumont -Wilshire, Dirty Lettuce is a true taste of the South in a casual, friendly dining space.

You'll find everything from fried chicken to ribeye steak, all made with plant-based proteins like seitan and tempeh. I started with some hushpuppies and fried pickles, followed by a crispy fried seitan chicken plate with coleslaw and Cajun mac n cheese.

Homegrown Smoker

8638 N Lombard St, Portland, OR 97203

Phone: 503-686-1214

[Visit Website](#)

Giving Dirty Lettuce a run for their money, Homegrown Smoker is another decadent comfort food restaurant, offering vegan takes on America's favorite comfort foods, from barbecue to burritos. Their bright and airy Cathedral Park location has floor-to ceiling windows, bright green walls and hanging plants. They are a hit with kids and adults.

Their long menu of fry baskets, sandwiches, burgers, and Mexican hand-helds all come in baskets lined with old-fashioned checkered paper.

I loved their southwestern take on a Northeast classic with the Philthy Nocheesesteak sandwich, containin smoked beif seitan, grilled peppers and onions, plant-based mozzarella and cheddar, chipotle aioli, and cheese sauce.

Mirisata

2420 SE Belmont St, Portland, OR 97214

Phone: 503-233-4675

[Visit Website](#)

Meaning "spicy curry" in Sinhala, Mirisata is a vegan food coop specializing in Sri Lankan cuisine. The concept of a food coop is that its owners are also its workers. Every employee is a

co-owner, whether they're servers, cooks, or cleaners. Their homey Belmont eatery serves traditional Sri Lankan food inspired by many of the owners' family recipes.

Sri Lankan food is a more tropical version of Indian food with Chinese influences, served in heaping portions of colorful curries, rice dishes, rotis, and vegetable stews. Their curry and rice menus change daily. I recommend starting with the hot chili pot roti, a coconut flatbread with chilies, onions, and curry leaves baked into the dough.

Sweetpea Baking Co.

1205 SE Stark St, Portland, OR 97214

Phone: 503-477-5916

[Visit Website](#)

Sweetpea Baking Co. is a quaint Buckman neighborhood vegan bakery and café that's been serving fresh baked goods, pastries, cakes, pies, bagels, soups, and sandwiches since 2005. They offer a friendly counter service with a full espresso bar and breakfast menu. I love going for a family breakfast or a dessert and coffee fueled study session.

They have different bakery specials every day, like cronuts on Mondays. I love their oat milk latte. It's the perfect drink to pair with a slice of coconut cream pie. You can also get breakfast and lunch all day. The tempeh bacon, lettuce, and tomato sandwich on ciabatta is delicious.

The Sudra

28 NE 28th Ave, Portland, OR 97232

Phone: 971-302-6002

[Visit Website](#)

Lauded as one of the best vegan restaurants in town by Willamette Week, Oregon Live, and Eater, The Sudra is a vegan Indian food bistro and bar. Their intimate Kerns neighborhood dining space has an elegant industrial-chic design with an open bar and an outdoor deck.

The menu features traditional Indian food using impossible meat, tofu, and vegetable protein. It also has contemporary American dishes like salads and rice bowls, using Indian flavors and ingredients. I thought the Spicy Jackfruit Vindaloo bowl with root vegetables, and kale in tahini dressing over basmati rice was the height of flavor and creativity.

Veggie Grill

508 SW Taylor St, Portland, OR 97204

Phone: 503-841-6647

[Visit Website](#)

Veggie Grill is a popular plant-based American restaurant chain out of Irvine, California with over 30 restaurants around the US. Veggie Grill's Portland location is in the heart of downtown.

Veggie Grill is a fast-paced, family-friendly restaurant committed to providing customers with healthy and eco-friendly versions of their favorite American dishes.

The menu is massive, with appetizers, salads, burgers, sandwiches, grain bowls, desserts, and family meal packages. Their salads are amazing, but I couldn't suppress my curiosity for a vegan tuna melt. I was not disappointed!

Their tuna melt uses plant-based tuna salad with diced onion, capers, celery and fresh dill with pickles, tomatoes and melted American cheese on grilled rye.

Virtuous Pie

1126 SE Division St #200, Portland, OR 97202

Phone: 503-334-2073

[Visit Website](#)

Located in a stunning dining space with a long marble table, wood bar, open kitchen, and plaid wallpapered accent wall, Virtuous Pie is a vegan pizzeria, bar, and dessert eatery. Located in Hosford Abernathy, Virtuous Pie sources its ingredients from local purveyors to create artisanal nut-based cheeses, dough, ice cream, and seasonal small plates.

I have never encountered more inventive specialty pizzas than at Virtuous Pie, and they are all surprisingly meaty and cheesy. I loved the Pie-Rogi with herbed potato cream, roasted potato, caramelized onion, cashew mozzarella, tofu cheddar, bacon, cashew Dijon sour cream, and fresh scallion.

Ditto

1027 NE Alberta St, Portland, OR 97211

[Visit Website](#)

Ditto is a fast casual breakfast and lunch sandwich food truck in Vernon. Their fast, friendly service and over-the-top sandwiches make them a favorite for breakfast and lunch on the go. Their trailer has a covered picnic area with cool colorful murals. They use a myriad of different bread sourced from the best Portland bakeries in addition to scratch-made sauces, cheese, and plant-based meat.

Each sandwich has at least five ingredients, served in a massive, stacked display that you'll definitely need to use a bib to enjoy. I went for the Lilith, a bakery bun smothered in bacon scallion cream cheese and avocado lime crema with blackened chicken soy curls, pepper provolone, microgreens, and fried onions.

Supernova Vegan

2215 NE Alberta St, Portland, OR 97211

Phone: 503-462-7910

[Visit Website](#)

Supernova Vegan is a cute and cozy bakery, café, and eclectic global eatery in Vernon. The contemporary and industrial chic interior has hardwood floors, mid-century modern furniture, and artsy geometrical shaped frames lining the deep blue walls. They have a diverse menu of breakfast and lunch dishes, a full espresso bar, and incredible desserts.

I went for lunch and had The Hercules Banh Mi with Thai glazed tempeh, cilantro, basil mint, house pickled veggies, fresh jalapenos, and spicy aioli on a toasted baguette. The highlight of my meal was the Lemon Coconut cheesecake topped with lemon curd with a coconut shortbread cookie crust.

Fermenter

1403 SE Belmont St, Portland, OR 97214

Phone: 971-229-1465

[Visit Website](#)

True to its name, Fermenter is a vegan restaurant specializing in fermented dishes. They use locally sourced ingredients to create a wildly imaginative menu of fermented vegetables, plant-based cheeses, and drinks. Their friendly Buckman location has a casual atmosphere and a sleek contemporary design. They also sell fermentation kits and packaged fermented products.

The menu is whimsical and sophisticated. I wish I could've eaten here every day of the week with such an interesting and complex menu, replete with every fermented beverage, from wine to kombucha.

They offer brunch, lunch, and dinner. I had dinner, starting with miso garlic toast on thick cut sourdough bread. My main course was a Crispy black lentil-millet Schnitzel, with sungold tomato confit, mustard greens, cauliflower cream, and fried garlic.

Kati Portland

2932 SE Division St, Portland, OR 97202

Phone: 503-477-6059

[Visit Website](#)

Teetering between Hosford Abernethy and Richmond, KaTi Portland is a vegan Thai restaurant and bar with a lively atmosphere and fashionable décor. You can see giant flames wafting from giant woks in the open kitchen while you enjoy a tropical mixed drink. The gorgeous presentation is a rainbow of vegetables, chilies, and edible flowers.

In addition to cocktails, KaTi also has vegan version of milky Thai teas. I loved Thai iced green tea with coconut milk. I had it alongside a dangerously alcoholic tropical cocktail called the citrus smoked heat with mezcal, Thai chili-infused vodka, rum, lemon, and pineapple juice. Luckily, I had a rich Panaang curry to soak up the alcohol.

Rabbits Cafe

Multiple locations

[Visit Website](#)

Starting as a beloved Portland food cart, Rabbit Café now has two brick and mortar locations in Old China Town and the Alberta Arts District. Rabbit Café serves comforting and substantial bowls, salads, smoothies, and brunches. They serve heaping portions that'll leave you satisfied and energized.

I went to the Alberta Arts District location to enjoy a leisurely brunch. The menu featured sweet and savory waffles, pancakes, French Toast, biscuits, hashes, and more. I had a light ginger berry smoothie to accompany a monster-sized breakfast burrito with tofu scramble, kale, black beans, potatoes, yam, tomato-corn relish and sunflower chile crema in a whole wheat tortilla.

South x Northwest

3928 N Mississippi Ave, Portland, OR 97227

Phone: 503-265-8918

[Visit Website](#)

South x Northwest is a laid-back Southern Comfort eatery and bar in Boise a few blocks from Unthank Park. They have Southern cuisine from various regions, all made with plant-based ingredients and served in extravagant presentations. They have a lovely outdoor patio that's dog-friendly and heated during the winter.

The menu has Southwestern specialties like Texas Caviar and Deep South favorites like grits and mac n cheese. They also have a full cocktail bar with Southern and Southwestern themed cocktails. I had a Pimms Plane with pimms, bourbon, genepy, and lemon with my authentic plant-based Chicken and Waffles drizzled with butter and maple syrup.

Black Water

835 NE Broadway, Portland, OR 97232

Phone: 503-281-0439

[Visit Website](#)

Blackwater is a goth meets hipster bar and vegan gastropub in Irvington with pinball games, cheap beer, cocktails, and the best vegan bar food in the city. They are open for lunch, dinner, and late-night drinks. They make their seitan, sauces from scratch and use a local bakery for all their desserts and bread.

Like any hipster bar, they have PBR on tap, which I had alongside a freshly baked soft pretzel with vegan beer cheese. I also sampled their house made seitan in their French Dip sandwich topped with grilled mushrooms and onions and garlic mayo on a hoagie roll with a side of au jus for dipping.

Final Thoughts

Portland's creative, eco-friendly, and artistic spirit shines through its vast array of plant-based eateries. My list of the best vegan restaurants in Portland use the fruitful bounty of the Pacific Northwest and an inventive take on culinary traditions that will impress and satisfy vegans and meat eaters alike.

Did we leave a restaurant out of this list? Make sure you leave us a comment and we'll check it out!