

614-972-7130

3269 N. High St

Open Tues-Sun 8a-3p

Extended Hours
Coming Soon!



PLANT BASED EATERY

Our Commitments

By choosing to eat at Portia's Diner you have become part of our mission to keep local and chemical-free foods available and plentiful, all while strengthening our community, lessening the impact on our earth, and enjoying a healthy and satisfying meal. We refuse to compromise on quality and source our foods from organic and local farmers whenever possible. We also use fluoride-filtered water and natural sweeteners, and we never use GMO products. Our commitment to the environment extends to waste - we are conscious in the kitchen and we donate, recycle, and compost what we cannot use.

Allergy Alert!

We are incredibly conscious of our customers specific diets but we cannot guarantee your meal will be free of cross-contamination. Many of our items are made without gluten, nuts, or soy but for those who are very sensitive there may be cross-contamination in our kitchen and/or in the facilities where we purchase our products.

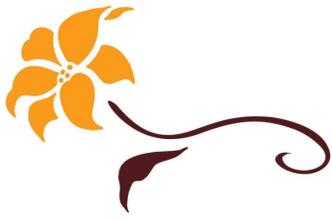
Special Diets

Please let us know your dietary preferences so we can make your meal as enjoyable as possible. We strive to make everyone feel welcome, regardless of choices or sensitivities.

Come Grow with Us!

This is a new concept for us so we will invariably be making menu and food changes. We have many exciting ideas and we can't wait to share them with you! As always, we welcome any feedback, comments, concerns, suggestions, etc. Tell us what you like and what you think could be improved. Let's create together!

Thank you for your support!



BREAKFAST



Breakfast Favorites

Portia's Breakfast Plate \$14

Tofu-veggie-cheeze scramble, sausages, rosemary homefries, and buttery toast

Grilled Breakfast Burrito \$14

Tofu scramble, homefries, on-the-border black beans, sauteed veggies, cheddar cheeze, roasted corn, jalapenos, spinach, salsa, sour cream, and coconut bacun
Hand-held, or fork & knife!

Or have it as a BREAKFAST BOWL with toast!

Quinoa Morning Bowl \$12

Tofu egg with melted Gouda, roasted veggies, & on-the-border black beans on a bed of quinoa and spinach, and topped with sour cream, salsa, and bacun
Add avocado +2

Garden Breakfast Muffin, Pocket or Wrap

Tofu egg, smoked gouda, lettuce or spinach, tomato, sausage, and mayo on your choice of a gf English muffin \$9

In a gf wrap or grilled in a pocket \$8

Boost it with bacun and home fries! +\$2

Waffles! \$8

A fluffy gluten-free Belgian waffle served with Ohio maple syrup and your choice of buttery or coconut spread

With seasonal fruit compote +\$2

Add whipped topping +\$1

French Toast \$9

Made with Sami's GF Bread and served with Ohio maple syrup

Bagel and Cream Cheeze \$5

GF Bagel and FYH cream cheeze

Drinks

Seasonal fresh juice: \$3

Bottomless coffee: \$2.5

Hot Tea: \$2.5

Kombucha: Variable

Bottled drinks: Variable

Plant milk (Almond, oat, rice, soy): \$3

On the Lighter Side...

Oatmeal

w/ brown sugar and plant milk \$5

with three toppings: \$6

with five toppings: \$7

Overnight Oats \$5

with three toppings: \$6

with five toppings: \$7

Toppings: *Banana,, raisins, dried cherries, cranberries and mulberries, chia, flax, pumpkin, hemp, and sunflower seeds, walnuts, pecans, almonds, almond butter, granola, cacao nibs, shredded coconut, chocolate chips Add'l +\$.50*

Granola

with plant milk \$5

with coconut yogurt \$6

With coconut yogurt and fruit: \$7

English Muffin

With buttery spread \$4

Add jam + \$1

Add almond butter + \$2

... 'n Sides

Add avocado to your dish!! \$2

Scrambled "Egg" \$3

Make 'em cheezy! +\$1

Rosemary Homefries \$3

Make 'em cheezy! +\$1.5

Potato Vegetable Hash \$4

2 Sausage Patties \$4

On-the-Border Black Beans \$3

Toast w/ buttery spread \$3

Fruit Cup sm \$3 lg \$5

"The love for all living creatures is the most noble attribute of man." -Charles Darwin



LUNCH



Sandwiches and Wraps

Portia's YumBurger \$14

Our housemade GF and soy- free burger is made with quinoa, rice, oats, hemp and sunflower seeds, mushrooms, veggies and spices. Served with lettuce, tomato, onion, pickle, mayo, mustard, ketchup and American cheeze made into a pocket with our gf flour tortilla or on Sami's gf bun.

Italian Sub \$8/14

Panini grilled Sami's Bread stuffed with veggie pepperoni, smoked gouda, tomato, onion, banana peppers, lettuce and Italian sub sauce. Served w/chips.

Tofu Gyro \$12

Gyro-seasoned tofu, lettuce, tomato, onion, pickle, banana peppers, cucumber, and sunflower seed gyro sauce in a house-made wrap or Sami's pita
Kalamata olives optional

BLT \$8

Coconut bacun, tomatoes, lettuce and Vegenaise in a gf wrap

Calzahony \$10

On the lighter side....Panini grilled GF wrap filled with mushroom, onion, tomato, bell peppers, banana peppers, spinach, creamy Italian dressing, pizza sauce, and mozzarella
Make it a Pepperoni Calzahony! +\$2

Sicilian Garden \$10

Same as the Calzahony but without pizza sauce and with cucumbers
Add Pepperoni +\$2

"Egg" Salad Wrap \$8

"Egg" Salad,, tomatoes, pickles, lettuce, mustard and Vegenaise in a gf wrap.

Grilled Cheeze \$6

With FYH American cheeze
Add a cup of soup +\$3

Mac n Cheeze \$6

Rich n Creamy!

Salads

Dressings: Italian, Dill Ranch, Tahini, Caesar., Sunflower Mediterranean

Mediterranean Salad \$10

Greens, veggies, and Mediterranean Tofu with gyro sauce

Kalamata olives optional

Caesar's Salad \$6

Greens, croutons, caesar dressing & parmesan

Cole Slaw \$4

Side Salad \$4

House Salad \$6

Greens, carrots, red cabbage, sprouts, and in-season veggies

Portia's Potato Salad \$6

Potatoes, celery, pickle, mayo, mustard, apple cider vinegar, dill, sea salt

"Egg" Salad \$4

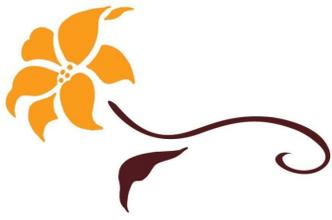
Soups

Harvest Chili \$4/7

Soups du jour Variable

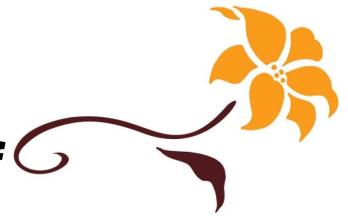
Sweets

Chocolate Mousse \$5 Chia Pudding Fruit Parfait \$5 Fruit Cup \$3/5 Specials Variable



SOY-FREE MENU

**Please inform your server of
your soy sensitivity!**



Breakfast

Portia's Breakfast Plate \$14

Avo-egg English muffin, sausages, potato-vegetable hash, and fruit

Grilled Breakfast Burrito \$14

Avo-egg, homefries, on-the-border black beans, sauteed veggies, cheddar, cheese, roasted corn, jalapenos, spinach and salsa.
Hand-held or fork & knife!

Or have it as a **BREAKFAST BOWL** with toast!

Quinoa Morning Bowl \$12

Roasted veggies, on-the-border black beans, avo-egg, and gouda on a bed of quinoa and spinach and topped with salsa

Garden Breakfast Muffin, Pocket or Wrap

Avo-egg, smoked gouda, lettuce or spinach, tomato, sausage, and mayo on your choice of a gf English muffin \$9

In a gf wrap or grilled in a pocket \$8

Waffles! \$8

A fluffy gluten-free Belgian waffle served with Ohio maple syrup and your choice of buttery or coconut spread

With seasonal fruit compote +\$2

Add whipped topping +\$1

French Toast \$9

Made with Sami's GF Bread and served with Ohio maple syrup

Bagel and Cream Cheese \$5

GF Bagel and FYH cream cheese

English Muffin

With buttery spread \$4

Add jam + \$1 Add almond butter + \$2

Oatmeal, Overnight Oats, and Granola

See Breakfast Menu for options

Sides

Tater/Veggie Hash \$4 2 Sausage Patties \$4

Homefries \$3 Side Salad \$4

(with Daiya +1.5) Coleslaw \$4

OtB Black Beans \$3 Fruit Cup \$3/5

Soups

Chili \$4/7

Harvest Chili made with tomatoes, onions, butternut squash, carrots, onions, black and kidney beans, and spices.

Soups du jour Variable

Please ask your server!

Salads

Dressing: Italian, Ranch, Caesar, Mediterranean

House \$6

Greens, carrots, red cabbage, sprouts, in-season veggies

Caesar's Salad \$7

Greens, croutons, dressing, FYH parmesan

Portia's Potato Salad \$6

Potatoes, celery, pickle, mayo, mustard, apple cider vinegar, dill, sea salt

Sandwiches and Wraps

Portia's YumBurger \$14

Our housemade GF and soy-free burger is made with quinoa, rice, oats, hemp and sunflower seeds, mushrooms, veggies and spices. Served with lettuce, tomato, onion, pickle, mayo, mustard, ketchup and American cheese made into a pocket with our gf flour tortilla or on Sami's gf bun.

Calzahony \$10

On the lighter side...Panini grilled GF wrap filled with mushroom, onion, tomato, bell peppers, banana peppers, spinach, creamy Italian dressing, pizza sauce, and mozzarella

Sicilian Garden \$10

Same as the Calzahony but without pizza sauce and with cucumbers

Grilled Cheese

With FYH American cheese \$6

Add a cup of soup +\$3

Sweets

Chia Pudding Parfait \$6 Specials Variable