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Restaurant review: Cafe Yumm has delicious fare at fair prices

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By

This small, Oregon-based chain of restaurants -- which began in Eugene and has since expanded to Corvallis, Bend, Beaverton and Portland -- serves nourishing fare at affordable prices.

The chow: The menu centers around rice bowls, served in three sizes (\$4.95 for a small, \$5.95 medium, \$6.95 large). The original is built on a foundation of brown rice topped with organic black beans, avocado, black olives, cilantro, mild salsa, Tillamook cheddar, sour cream, plus the house special Yumm sauce. Variations include the Hot 'n' Jazzy, with jasmine rice, red beans and a hotter salsa; or the Smoky, topped with chipotle-fueled chili. Want to keep things vegan? They'll give you cabbage and carrots or extra avocado in place of the dairy in any bowl. The menu also features skewers of chicken, tempeh or tofu (\$3.25-\$4.25), five sandwiches (\$6.95-\$7.25) and homemade soups.

Real deal: Don't miss the Secret Asian Man salad, which has perhaps the coolest name ever bestowed on a plate of greens and goodies. Organic mixed greens are tossed with diced tomato, shredded carrots, slivered almond and crunchy chow mein noodles, then topped with your choice of turkey, chicken or spicy tofu. It's a lot of food for \$6.95.

Liquids: Iced tea, strawberry lemonade, organic juices and an array of Pepsi products, plus beer and wine.

Inside tip: The ginger-spice cookie (\$1.75) is made with organic oat flour and no wheat, eggs or dairy.

The numbers: 14601 S.W. Millikan Way, Beaverton; 503-627-9866; cafeyumm.com; open 10 a.m. to 9 p.m. Monday through Saturday, 10 a.m. to 8 p.m. Sunday. Cafe Yumm has nine other locations in Beaverton, Bend, Corvallis, Eugene, Portland and Springfield.

-- **Grant Butler**

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