

# Porta Via

## BREAKFAST

HOMEMADE GRANOLA	10.25
STRAWBERRIES, BANANAS & LOW-FAT YOGURT OR MILK	
STEEL-CUT OATMEAL	9.25
MAPLE SYRUP, BROWN SUGAR & FRESH STRAWBERRIES	
FRESH FRUIT SALAD	9.25
ADD LOW-FAT YOGURT \$1	
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PORTA VIA SCRAMBLE	12
EGG WHITES SCRAMBLED VERY WELL DONE, ONIONS, MUSHROOMS, TOMATO, BASIL & TOASTED MULTIGRAIN BREAD	
CHICKEN SPINACH & ONION EGG WHITE OMELET	15.25
BREAKFAST POTATOES & TOASTED CIABATTA	
GREEK EGG WHITE OMELET	13
ASPARAGUS, GREEN BEANS, TOMATO, BLACK OLIVES, FRENCH FETA CHEESE, MIXED GREENS & BAGUETTE TOAST	
FRESH TOMATO & BASIL EGG WHITE OMELET	12
BREAKFAST POTATOES & BAGUETTE TOAST	
TWO EGGS, ANY STYLE	11
BREAKFAST POTATOES & BAGUETTE TOAST	
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HUEVOS RANCHEROS	14
CRISPY TORTILLAS, TWO EGGS OVER EASY, BLACK BEAN PUREE, CHEDDAR CHEESE, RANCHERO SALSA & AVOCADO	
BREAKFAST BURRITO	12.75
EGGS, POTATOES, BACON, CHEDDAR, AVOCADO. SERVED WITH MIXED GREENS	
POACHED EGGS	15.75
ON CIABATTA, PROSCIUTTO DI PARMA, ARUGULA & SHAVED PARMIGIANO	
EGGS SCRAMBLED WITH SMOKED SALMON	15.75
CREAM CHEESE & CHIVES BREAKFAST POTATOES & BAGUETTE TOAST	
THE PANCHITO	11.25
EGGS, BACON, MELTED CHEDDAR CHEESE, AVOCADO, TOMATO & LETTUCE ON TOASTED CIABATTA	
BUILD YOUR OWN OMELET	15.25
CHOICE OF THREE ITEMS ~ 75¢ FOR EACH ADDITIONAL ITEM: SPINACH, TOMATOES, ONIONS, CORN, MUSHROOMS, ROASTED RED BELL PEPPERS, GREEN BEANS, SMOKED SALMON, FETA, CHEDDAR, SWISS CHEESE, BACON, HAM, TURKEY SAUSAGE, TURKEY BACON, CHICKEN. BREAKFAST POTATOES & TOASTED BAGUETTE	
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SMOKED SALMON PLATE	18
TRADITIONAL FIXINGS ON A TOASTED BAGEL	
GRIDDLE CAKES	11.5
CHOICE OF BLUEBERRY, CHOCOLATE CHIP, BANANA WALNUT & PLAIN	
GRAND MARNIER FRENCH TOAST	12.75
FRESH STRAWBERRIES & POWDERED SUGAR	
2 + 2 + 2	15
TWO GRIDDLE CAKES, TWO EGGS ANY STYLE & TWO PIECES OF BREAKFAST MEAT	

## SIDES

6

APPLE WOOD SMOKED BACON  
TURKEY BACON  
TURKEY MAPLE SAUSAGE  
BLACK FORREST HAM  
PROSCIUTO DI PARMA

9.5

BAKERY BASKET: CHOICE OF THREE ITEMS

LOW-FAT BLUEBERRY MUFFIN · BANANA NUT MUFFIN  
LOW-FAT CRANBERRY MUFFIN · PUMPKIN MUFFIN ·  
POLENTA POUND CAKE · ORANGE CURRANT Scone

## JUICE BAR & SMOOTHIES

FULLY GREEN	6/8
KALE, SPINACH, CUCUMBER, PARSLEY & CELERY	
THE TRIANGLE	6/8
CARROT, GREEN APPLE & GINGER	
THE MORNING DO	6/8
GREEN APPLE, CUCUMBER, GINGER, FRESH LEMON & MINT	
CANON CLEANSE	6/8
CELERY, BEET, GINGER & LEMON	
FRESH-SQUEEZED JUICE	6/8
ORANGE, GRAPEFRUIT OR WATERMELON	
CREATE YOUR OWN	6/8
CREATE YOUR FAVORITE BY MIXING ANY JUICE: ORANGE, GREEN APPLE, WATERMELON, CARROT, CELERY, GINGER & BEET	
SMOOTHIES	8
BLENDED WITH ICE, FRESH ORANGE JUICE & BANANA PINEAPPLE / STRAWBERRY / BLUEBERRY / MIXED BERRY	

## ORGANIC COFFEE & TEA

REGULAR / DECAF / ICED COFFEE	3.25
ESPRESSO	3/4
CAPPUCINO / CAFÉ LATTE	4/5
CAFÉ MOCHA OR VANILLA	5.25/6.25
AMERICANO	4/5
RED EYE	5/6
HOT CHOCOLATE	4.25
SOY OR ALMOND MILK ADD \$1	
CUSTOM TEAS SELECTION BY "T SALON"	5.5
GROWN & PREPARED USING ONLY THE FINEST INGREDIENTS & ENVIRONMENTALLY FRIENDLY PRACTICES: GREEN SENCHA, GREEN WITH COCONUT, EARL GREY, SAFARI BREAKFAST BLEND, MINT, CHAMOMILE	

PLEASE NOTE THAT ADDITIONS OR SUBSTITUTIONS TO ANY MENU ITEM MAY RESULT IN ADDITIONAL CHARGES

# Porta Via

## APPETIZERS & SALADS

SOUP OF THE DAY OR GAZPACHO	V/GF	7/9
HOUSE-MADE GUACAMOLE	V/GF	9.5
BURRATA WITH HEIRLOOM TOMATO	GF	17
EXTRA-VIRGIN OLIVE OIL, SEA SALT & FRESHLY GROUND PEPPER		
AHI TUNA POKE		19.5
MANGO & AVOCADO, JAPANESE CUCUMBER, GREEN ONION, CITRUS GINGER SOY		
STEAMED MUSSELS	GF	17
PRINCE EDWARD ISLAND BLACK MUSSELS, SHALLOTS, FRESH HERBS, CHOPPED TOMATOES, WHITE WINE & CROSTINI		
FRIED OR SAUTÉED CALAMARI		15
PORTA VIA BUTTER LETTUCE SALAD	GF	14/17
BUTTER LETTUCE, SWEET MAUI ONION, FRESH DILL & CHERVIL, AVOCADO, FETA. SHALLOT VINAIGRETTE		
ARUGULA SALAD	GF	13/16
BABY ORGANIC ARUGULA, THINLY SLICED MUSHROOMS & SHAVED PARMIGIANO. CITRONETTE		
CAESAR SALAD		13/16
ROMAINE LETTUCE, PARMIGIANO & SPICY CROUTONS & CAESAR DRESSING		
CHOPPED SALAD	GF	14/17
ORGANIC CHOPPED LETTUCCES, BEETS, GARBANZO BEANS, GREEN BEANS, TOMATO & FETA. CHAMPAGNE SHALLOT VINAIGRETTE		
KALE SALAD	GF	16/18.5
QUINOA, CITRUS SEGMENTS, GRILLED RED ONION, OVEN-DRIED TOMATOES, PINE NUTS, SHAVED PARMIGIANO & CRISPY LEEKS HONEY MUSTARD VINAIGRETTE		
COBB SALAD	GF	15/18.25
ORGANIC CHOPPED LETTUCCES, GRILLED CHICKEN, BACON, TOMATO, CELERY, AVOCADO, EGG & BLUE CHEESE. RED WINE MUSTARD VINAIGRETTE		
CHOPPED ANTIPASTO SALAD	GF	15/18
GENOA SALAMI, MOZZARELLA, TOMATO, GARBANZO, RED ONION, PEAS, OLIVES, PEPPEROCINI & BASIL. RED WINE VINAIGRETTE		
TUNA NICOISE SALAD	GF	17.75
ORGANIC MIXED BABY GREENS, WHITE ALBACORE TUNA, GREEN BEANS, TOMATOES, BLACK OLIVES, CAPERS & TOASTED ALMONDS. LEMON VINAIGRETTE		
<i>SHRIMP, SALMON, CHICKEN, SKIRT STEAK OR SOLID WHITE ALBACORE CAN BE ADDED TO ANY SALAD FOR AN ADDITIONAL CHARGE</i>		

## SANDWICHES

AVAILABLE FROM 11:30-4PM DAILY

ALL SANDWICHES PREPARED ON FRESH GRILLED BREAD  
WITH YOUR CHOICE OF CHIPS OR ORGANIC MIXED BABY GREENS  
FRUIT OR POMMES FRITES CAN BE SUBSTITUTED FOR AN ADDITIONAL \$1

TUNA SALAD SANDWICH	14.75
WHITE ALBACORE TUNA, LEMON MAYONNAISE, TOMATOES, ALFALFA SPROUTS LETTUCE ON GRILLED WHOLE WHEAT	
TOMATO BURRATA SANDWICH	14.75
VINE-RIPENED TOMATOES, FRESH BURRATA & BASIL ON GRILLED CIABATTA	
PROSCIUTTO SANDWICH	15.5
PROSCIUTTO DI PARMA, FRESH MOZZARELLA, TOMATOES, LETTUCE & BLACK OLIVE TAPENADE ON GRILLED CIABATTA	
BISTRO BURGER	17.25
GROUND CHUCK & BRISKET. JALAPENO JACK CHEESE, LETTUCE TOMATO BROICHE SESAME BUN. POMMES FRITES	
BBQ TURKEY BURGER	17.25
HOMEMADE BBQ SAUCE, LETTUCE & TOMATO BROICHE SESAME BUN. POMMES FRITES	
'IMPOSSIBLE' BURGER	17.25
PLANT-BASED VEGAN BURGER, LETTUCE, TOMATO & AVOCADO BROICHE SESAME BUN. POMMES FRITES.	

## HOUSE SPECIALTIES

ONE SALAD CAN BE SUBSTITUTED AS A SIDE UPON REQUEST

GRILLED SALMON	GF	27
STEAMED FARMER'S MARKET VEGETABLES & ORGANIC BROWN RICE		
BRANZINO	GF	33
GRILLED WITH ROSEMARY, SEA SALT, PEPPER. EXTRA-VIRGIN OLIVE OIL ORGANIC ASPARAGUS & BROWN RICE		
ROASTED LAKE SUPERIOR WHITEFISH		29
SAUTEED BLUE LAKE GREEN BEANS & ORGANIC BROWN RICE WHOLE-GRAIN MUSTARD SAUCE		
BRICK-PRESSED ROASTED CHICKEN		28
SAUTEED RAINBOW CHARD & CARROTS ROSEMARY CITRUS SAUCE		
CHICKEN PAILLARD	GF	25
GRILLED BONELESS & SKINLESS CHICKEN BREAST, STEAMED FARMER'S MARKET VEGETABLES & ORGANIC BROWN RICE		
ORANGE GINGER CHICKEN STIR FRY		23
TRADITIONAL ASIAN VEGETABLES & ORGANIC BROWN RICE		
GRASS FED FILET MIGNON		40
POMMES FRITES & BROCCOLINI. GREEN PEPPERCORN SAUCE		
GRILLED SKIRT STEAK		27
DRY RUB MARINATED. STEAMED FARMER'S MARKET VEGETABLES & POMMES FRITES		

## PASTAS

PROUDLY SERVING ARTISAN PASTAS FROM  
RUSTICHELLA D'ABRUZZO  
GLUTEN FREE OR ZUCCHINI PASTA + \$3

SPAGHETTI	18
FRESH TOMATO BASIL SAUCE & PARMIGIANO	
BUTTERNUT SQUASH TORTELLINI	21
RICOTTA. JULIENNE MUSTARD GREENS & WHITE WINE SAGE CREAM SAUCE	
RIGATONI BOLOGNESE	22.5
BEEF RAGU & PARMIGIANO	
VEAL LASAGNA	24.25
HAND-ROLLED PASTA LAYERED WITH VEAL RAGU, FRESH MOZZARELLA & PARMIGIANO	
ZUCCHINI NOODLES WITH SHRIMP	26
GF BROCCOLINI, CHERRY TOMATO & CHILI FLAKES ROASTED GARLIC OLIVE OIL	

## SIDES

8.5
CHEF'S VEGETABLE MEDLEY · BLACK KALE ASPARAGUS · SPINACH · BROCCOLINI · CARROTS BLUE LAKE GREEN BEANS · TUSCAN WHITE BEANS CAULIFLOWER · ROASTED BRUSSELS SPROUTS
6.5
SWEET POTATO FRIES · POMMES FRITES ORGANIC BROWN RICE · ORGANIC QUINOA OVEN DRIED TOMATOES

PLEASE NOTE THAT ADDITIONS OR SUBSTITUTIONS TO ANY MENU ITEM MAY RESULT IN ADDITIONAL CHARGES