

# Food carts serve hungry folks in Sisters

By Sue Stafford  
Correspondent

Tucked away on Hood Avenue behind Eurosports are three unique food carts all new to Sisters — New Public Café, Rock-n-Troll Seafood, and Tuscan Chuck Wagon.

Clustered around an open space of sunny lawn, filled with tables and chairs for patrons, are carts representing much more than purveyors of food. They encompass dreams and philosophies of their owners.

## New Public Café

Anna Poutous hails originally from Houston, Texas where her Greek grandfather owned the original New Public Café. Poutous put aside her profession as an environmental consultant and left her boyfriend in San Diego to pursue her dream of sharing her passion for preparing healthy food.

Responding to a diagnosis of rheumatoid arthritis in her 20s, and hesitant to take the usual side-effect-producing medications, Poutous changed her eating habits, eliminating gluten, becoming a vegetarian in 2000 and then a vegan in 2002. Using all organic produce and products, and many raw foods, Poutous lovingly creates delicious

homemade food that is good for you. She is the living proof. Her blood-work now reveals no rheumatoid factor and she is symptom-free.

Her bountiful Bachelor Bowl salad (in honor of the mountain) is chock full of sprouted brown rice, romaine lettuce, shredded beets and carrots, cherry tomatoes, avocado, sprouted pumpkin and sunflower seeds, and honey turmeric humus, all dressed with homemade vegan dijon tahini.

“The Bachelor Bowl is \$10. It has a lot of love in it and it’s worth every penny,” assures Poutous.

New Public Café opened on Memorial Day weekend so that her father, who was a big supporter of her dreams (offering his Harley to secure her loan), would be able to see pictures of the opening. He was dealing with cancer in Texas so after the opening she returned to Houston to spend time with him before he passed away.

She just returned to Sisters last week and is now in the process of building her menu and preparing for Quilt Show week. She will be offering cold-pressed juices with optional turmeric or ginger shots (good for counteracting inflammation), green

smoothies, homemade granola and oatmeal, fried-egg sandwiches, salad bowls, tempeh Reubens, homemade almond milk cold-brew drinks, and the pièce de résistance — handmade raw cacao almond truffles (raw cacao, almonds, dates, coconut nectar rolled in hemp seeds, cacao nibs and coconut flakes). She does use dairy and eggs in some dishes.

New Public Café opens at 7:30 a.m. and is currently open Wednesday-Sunday, with plans to be open Monday and possibly Tuesday. Poutous hopes to remain open year-round, offering hot soups and comfort food in the colder months. Her basic philosophy comes from her dad — provide outstanding customer service.

Orders for New Public Café can be texted to 541-419-8751. Poutous’s email is [anna@newpubliccafe.com](mailto:anna@newpubliccafe.com).

## Rock-n-Troll

Right next door is Rock-n-Troll Seafood, owned by Ken and Marina Baxter, transplants from Elfin Cove, Alaska, where Ken spent 27 years running his own fishing boat and Marina worked on the gas dock among other jobs. They began wintering in Sisters several years ago before they decided to sell



PHOTO BY SUE STAFFORD

Rock-n-Troll is one of several food carts in the food cart garden at Eurosports.

the boat and become full-time residents here. They wanted to spend more time together, which was different from when Ken was at sea six days a week.

They first began offering fresh flash-frozen fish from Alaska for retail sale. Currently, it is available at Melvin’s as well as at the food cart. Until they can secure a permanent retail location, they decided to try their hand at offering fresh fish dishes from their food cart. Their fish is flown in on Alaska Airlines from Sitka and purchased from the buyer to whom Ken sold his catches for years.

The cart opened on May 1 and they report that business

has been up and down depending on the weather. They are currently open 11 a.m. to 7 p.m. Wednesday-Sunday and plan to be open through late September or early October for the fall events. Although they have a year’s lease, the cart will close for the winter and be put in storage out of the weather. Their retail fish will continue to be available at Melvin’s.

“We hope they’ll be enticed (to give us a try),” said Ken.

The menu includes: fish-n-chips; king salmon burgers; halibut and other fish burgers; Captain Ken, Mediterranean, and salmon wraps; salmon

See FOOD CARTS on page 23

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