

LOCALE

FOODIE EDITION

#91

REMI CRUZ & ALISHA MARIE

TWO PEAS IN A PODCAST

TAKE A **CULINARY TRIP**
AROUND THE WORLD
WITHOUT LEAVING SD

OUR ULTIMATE **WEEKEND**
ESCAPE PACKING LIST—
DRINKS INCLUDED

DANIELLE QUIGLEY AND SUE FAN
OF **WILD HABIT** ARE MAKING HOME
DECOR FROM THE FOREST FLOOR





PALATE PASSPORT



*Pack Your Bags,
We're Going
on a Food Tour
of San Diego*



WRITTEN BY: **NADINE BLANCO**
PHOTOGRAPHED BY: **BHADRI
KUBENDRAN, KAMBRIA FISCHER,
LEE WALTERS & JENNIFER STROMAN**



America's Finest City is also home to some of the **finest cuisines**, no matter what you're in the mood for. San

Diego has an undeniable surplus of diverse eats that includes a bounty of fantastic taquerias, sushi restaurants and pizza shops. Lucky for you, we've rounded up the best of what SD has to offer your taste buds. Consider this your Palate Passport to the crème de la crème of spots for tacos, sushi, pizza and then some. And don't worry, readers with food restrictions—we're looking out for you, too! These are some of the finest places to eat all around San Diego County.



Lean With It **Guac** With It

AND YES, WE KNOW IT'S EXTRA



MUST ORDER:

BREAKFAST TACO

→ Delicious food and unbeatable micheladas are served up with a special SoCal flair right next to the historic Chicano Park. People come for the tacos, but they all rave about the street corn!

SALUD

2196 Logan Ave
San Diego, CA 92113
619.255.3856
www.saludsd.com

**Celebrate
Margarita
Monday**

**MUST ORDER:
HOUSE MARGARITA**

→ Their House Margarita is simple and just the right amount of sweet—the perfect blend of Espolon Blanco Tequila, triple sec and limonada served on the rocks.
RED O RESTAURANT
4340 La Jolla Village Dr
San Diego, CA 92122
858.291.8360
www.redorestaurant.com

**MUST ORDER:
GARDEZ
MARGARITA**

→ With mango-pineapple-Serrano infused tequila, organic agave, fresh fruit and a rim dusted in Tajin, this local favorite is your new go-to.
**KING & QUEEN
CANTINA**
1490 Kettner Blvd
San Diego, CA 92101
619.756.7864
www.kingandqueencantina.com

**MUST ORDER:
DEATH STAR**

→ For a margarita that's out of this world, try the Death Star, made with mango-pineapple-chili-infused tequila, sangrita and Mandarine Napoleon.
GALAXY TACO
2259 Avenida De La Playa
La Jolla, CA 92037
858.228.5655
www.galaxytaco.com

**MUST ORDER:
BLUEBERRY
MINT-A-RITA**

→ Perfect for friends who love to share, the Blueberry Mint-a-Rita is a concoction of Espolon Blanco, a house-made sweet and sour mix and blueberry purée that's topped with soda.
EL PREZ
4190 Mission Blvd
San Diego, CA 92109
858.750.2512
www.elprezpb.com

**MOST
IMPORTANT
MEAL OF
THE DAY**

MUST ORDER: BREAKFAST CASSEROLE

→ Provisional is a go-to brunch spot not only for their mimosa flights and breakfast casserole, but who else has a Champagne vending machine? Located in the fabulous Pendry Hotel, Provisional also houses an espresso bar and a retail space inside a greenhouse.
PROVISIONAL
425 5th Ave, San Diego, CA 92101
619.738.7300 | www.pendryhotels.com



**MUST ORDER:
CHICKEN TACO**

→ A true Barrio Logan gem, this spot serves up delicious taco shop favorites on tortillas made fresh and in-house. There's often a line out the door, but every single person in that line will tell you it's worth the wait.
LAS CUATRO MILPAS
1875 Logan Ave
San Diego, CA 92113
619.234.4460
www.las-cuatro-milpas.com

**MUST ORDER:
SURF & TURF TACO**

→ Serving up SoCal-quality Mexican food, it's no wonder that this is one of the most popular spots in SD. The luchador motif is a feast for the eyes with a menu that's just as exciting!
LUCHA LIBRE TACO SHOP
1810 W Washington St
San Diego, CA 92103
619.296.8226
www.luchalibretacoshop.com

**MUST ORDER:
CARNITAS TACO**

→ After a day in the office or paddling out, this is a popular spot for street tacos and margaritas up in coastal North County, especially on Taco Tuesdays!
SEÑOR GRUBBY'S
377 Carlsbad Village Dr
Carlsbad, CA 92008
760.729.6040
www.eatgrubbys.com

**MUST ORDER:
ADOBADA TACO**

→ An institution in San Diego's South Bay, people are lining up in droves for these taqueria-style tacos. Pro-tip: each meat has its own line, so split up if you come with a group!
TACOS EL GORDO
689 H St
Chula Vista, CA 91910
619.691.8848
www.tacoselgordobc.com

**GET INTO
THE FOOD
'N' GROOVE**

1
"Chicken Fried"
by
Zac Brown Band

2
"Birthday Cake"
by
Rihanna

3
"Passionfruit"
by
Drake

4
"American Pie"
by
Don McLean

5
"Biscuits"
by
Kacey Musgraves

**Live It Up on
Taco Tuesday**

**TACO TRUCKS
WORTH THE TRAFFIC**

**MUST ORDER:
CARNITAS TACO**

Serving:
San Diego Area

TACOS LA MEZCLA
1517 30th St
San Diego, CA 92102
619.889.1337
@tacos_la_mezcla

**MUST ORDER:
CABEZA TACO**

Serving:
San Diego Area

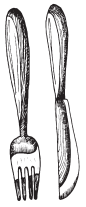
LA PRINCESITA
2351 Ulric St
San Diego, CA 92111
619.765.8194

**MUST ORDER:
SHRIMP TACO**

Serving:
San Diego Area

MARISCOS MI GUSTO ES
1606 Market St
San Diego, CA 92101
619.274.5924





WE SPEAK AMERICANO

MUST ORDER: TURKADO

→ Board & Brew's Turkado—turkey, jack cheese and avocado—is a tried-and-true San Diegan favorite. B&B has been serving up delicious sammies in Del Mar since 1979 and is only getting better.

BOARD & BREW
1212 Camino Del Mar
Del Mar, CA 92014
858.481.1021
www.boardandbrew.com

MUST ORDER: DRUGSTORE HAMBURGER

→ One of their most popular picks is called the Drugstore Hamburger, but don't judge a burger by its name. Its classic flavors speak for themselves, especially since The Grill specializes in cooking on an open flame and serving spectacular views along with their food.

THE GRILL AT TORREY PINES
11480 N Torrey Pines Rd
La Jolla, CA 92037
858.777.6641
www.grilltorreypines.com



Best Wines to Pair With Pizza

PAIR THIS WITH THAT

Syrah + Sausage Pizza

Zinfandel + Hawaiian Pizza

Malbec + Barbecue Chicken Pizza

Chardonnay + White Pizza

Viva L'Italia!

MUST ORDER: CAMPANELLE

→ You can never go wrong with Maretalia's Campanelle if you're looking to try true, Italian dishes inspired by the sea. Shrimp, heirloom cherry tomatoes, capers and tarragon help make this dish thrive.

MARETALIA
1300 Orange Ave
Coronado, CA 92118
619.522.0946
www.maretalia.com

MUST ORDER: OSSOBOCO DI MAIALE

→ Solare's Ossobuco di Maiale is often mentioned for the delectable pork shank that gets served on top of a risotto Milanese. Aside from the food, people come back to Solare for their cooking classes!

SOLARE RISTORANTE ITALIANO
2820 Roosevelt Rd
San Diego, CA 92106
619.270.9670
solarelounge.com

MUST ORDER: TIRAMISU

→ Civico 1845's tiramisu is perhaps one of the most decadent desserts you can find, never mind the fact that you're in the heart of Little Italy. But what really sets this Italian eatery apart from the rest is their vegan menu!

CIVICO 1845
1845 India St
San Diego, CA 92101
619.431.5990
www.civico1845.com

MUST ORDER: TRUFFLE PORCINI

→ This is some gourmet pizza that you can really feel good about. Not only is their unique dough easy on the stomach, but all of their ingredients are sourced from and support local farmers.

NAPIZZA ENCINITAS
615 S Hwy 101
Encinitas, CA 92024
760.452.2340
www.na-pizza.com

→ Get That Bread

WHERE TRADITION MEETS FUSION

MUST ORDER:

PIZZA PAZZA

→ Their hand-spun, New York-style pizzas and their Chicago deep-dish pizzas keep fans coming back (but the few dozen beers on tap might have something to do with it, too).

REGENTS PIZZERIA
4150 Regents Park Row, Ste 100
La Jolla, CA 92037
858.550.0406
www.regentspizza.com

MUST ORDER:

WHITESTONE

→ One might argue that this is the absolute best pizza in San Diego, but you ought to try it for yourself. Get two Bronx-style slices and a soda for seven bucks—and don't forget to bring cash!

BRONX PIZZA
111 Washington St
San Diego, CA 92103
619.291.3341
www.bronxpizza.com

MUST ORDER:

BILLY GOAT

→ There's no better place to hunker down on some seriously great slices after a long day of exploring Coronado Island. Their garlic knots are to die for, but you can never go wrong with their New York-style pizzas.

VILLAGE PIZZERIA
1206 Orange Ave
Coronado, CA 92118
619.522.0449
www.villagepizzeria.com

MUST ORDER:

TRUFFLE PORCINI

→ This is some gourmet pizza that you can really feel good about. Not only is their unique dough easy on the stomach, but all of their ingredients are sourced from and support local farmers.

NAPIZZA ENCINITAS
615 S Hwy 101
Encinitas, CA 92024
760.452.2340
www.na-pizza.com

PIZZA TOPPINGS FROM ALL OVER THE WORLD

1

Japan:
Eel

2

England:
Sweet Corn

3

France:
Fried Egg

4

Hawaii:
Pineapple

5

Costa Rica:
Coconut



MUST ORDER:

MARGHERITA

→ The folks behind this South Park-born favorite were so passionate about serving up authentic Italian eats, that they built their own nationally-recognized oven to make the best Neapolitan pizzas.

BUONA FORCHETTA

3001 Beech St
San Diego, CA 92102
619.381.4844
www.buonaforchettasd.com



Sushi Me Rollin'

JUST ADD SOY SAUCE

MUST ORDER:

AGUACHILE ROLL

→ Buzz about their Aguachile Roll and their Sushi Raw Bar are what get people over to this Pacific Beach restaurant, but the amazing views of the beach and boardwalk—especially at sunset—are what truly have diners saying, “Wow!”

JRDN RESTAURANT

723 Felspar St
San Diego, CA 92109
858.270.2323
www.t23hotel.com



All in a Day's Work

CRYSTAL WHITE, BAKER AND OWNER OF WAYFARER BREAD

EARLY MORNING

→ "Arrive at the bakery at 4:30 a.m., greet the morning baker who has been there since 3:30 a.m. baking croissants. I mix baguettes and begin making bread."

MID-MORNING

→ "Drink my fourth cup of coffee of the day and give the pastry display one final glance before opening our front doors. Now's the time to catch up on office work, run errands, check in with local farmers and alter our menu to make use of their offerings."

AFTERNOON

→ "Assemble our sandwiches and salads for the afternoon crowd. I'll take a quick break in our back garden and soak up some sun, then begin mixing tomorrow's bread."

LATE AFTERNOON

→ "Time to shape the bread, my most relaxing time of the day. This takes a couple hours and is usually accompanied by the soothing tones of Neil Young or Led Zeppelin."

EVENING

→ "Once the bread has finished proofing around 7 p.m., it's ready to be rolled into the walk-in refrigerator overnight where it stays before it's baked the next morning. Then I feed the sourdough starter, turn off the lights and skedaddle!"



MUST ORDER: OMAKASE

→ Don't let this sushi bar's oddball neighbors deter you. Sushi lovers rave about everything here, from the sea urchin to their sashimi plates! Throw caution to the wind and let the chef feed you when you order omakase. Reservations recommended.

SUSHI OTA
4529 Mission Bay Dr
San Diego, CA 92109
858.270.5670
www.sushiota.com

MUST ORDER: SUSHI SET

→ An intimate fusion of the sushi bars of Ginza and the Southern California lifestyle, this low-key sushi spot is a favorite for fresh sushi and sashimi. Their specialty rolls are on point, but their Sushi Set gives you a little bit of everything.

HIMITSU
1030 Torrey Pines Rd, Ste G
La Jolla, CA 92037
858.263.4463
www.himitsusd.com

MUST ORDER: SASHIMI PLATTER

→ The crispy beef skewers, spicy tuna musubi and shrimp tempura roll are also a few of the favorite things at this Carlsbad establishment. Their seasonal menu is crafted with care from local produce and traceable seafood.

THE LAND & WATER CO.
2978 Carlsbad Blvd, Ste 110
Carlsbad, CA 92008
760.729.5263
www.landandwaterco.com

MUST ORDER: CASTILLO ROLL

→ The spicy Castillo Roll shares a spot on a fun list of specialty rolls that includes the Chuck Norris, Rollz Royce and Sea Spider. This Old Town sushi spot is a favorite in SD, and they also have vegetarian options!

HARNEY SUSHI
3964 Harney St
San Diego, CA 92110
619.295.3272
www.harneysushi.com

MIND YOUR INTERNATIONAL MANNERS

1

Japan

Avoid setting your chopsticks upright in rice—this is a practice used at memorials to honor the deceased at their deathbed or altar.

2

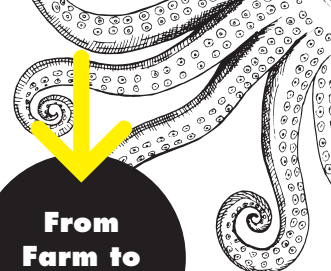
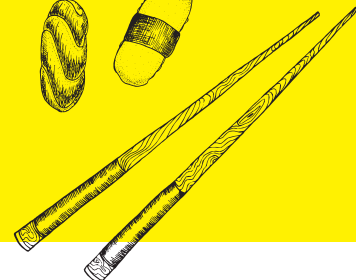
Italy

Parmigiana-*no*. It may be a favorite add-on in the US, but Italians suggest keeping the Parm off their pizza and pasta unless the dish calls for it.

3

Russia

Don't pass on the vodka! It's considered rude to decline vodka when offered at meetings, group events or festivities.



From Farm to Sea

MUST ORDER: MAHI MAHI TACOS

→ The mahi mahi tacos here are award-winning, but secretly most people are really at PB Shore Club for the Red Bull vodka slushies. Located right on the beach, entertainment is all around, especially with their own events like Wednesday-Night Goldfish Races.

PB SHORE CLUB
4343 Ocean Blvd
San Diego, CA 92109
858.272.7873
www.pbshoreclub.com

MUST ORDER: SURFY TURFY BURRITO

→ The Surf Turfy Burrito at Park 101 is what people seem to gravitate towards, but it'd be kind of hard not to gravitate towards everything when it's prepared in front of your face in the exhibition kitchen food line. A revolutionary communal dining space, Park 101 is family and pet-friendly with plenty of picnic tables and fun games.

PARK 101
3040 Carlsbad Blvd
Carlsbad, CA 92008
760.434.2217
www.park101carlsbad.com



Insta-Swoon

GET THE FINEST GRAM AT THESE INSTA-WORTHY SPOTS IN SAN DIEGO!



"CARIBE WELCOME" COCKTAIL

→ Everyone is always "Havana Good Time" at Miss B's, and the local hangout has its famous, IG-worthy postcard wall to prove it. But make sure to take a picture with a refreshing Caribe Welcome or a Great Idea shot—trust us, you're going to want these to last longer!
MISS B'S COCONUT CLUB
 3704 Mission Blvd
 San Diego, CA 92109
 858.381.0855
missbcoconutclub.com

1

INSTA HERE:
 Liberty Public Market Sign

LIBERTY PUBLIC MARKET
 2820 Historic Decatur Rd
 San Diego, CA 92106
 619.487.9346
libertypublicmarket.com

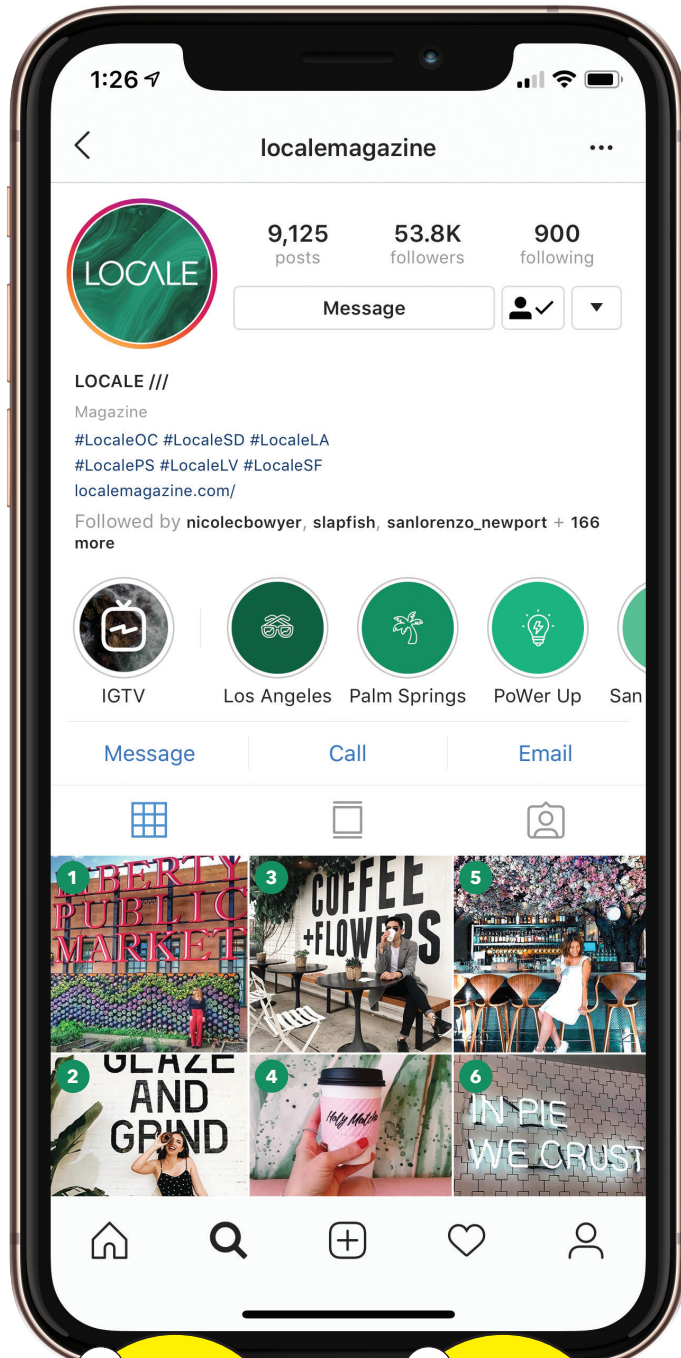
2

INSTA HERE:
 Glaze and Grind Sign

THE GOODS
 2965 State St
 Carlsbad, CA 92008
 760.994.0458
thegoodscarlsbad.com



Want more #Inspo? Flip to Page 30 to Check Out Our Favorite SD Foodie Instagram Influencer
[@foodwithfrances](https://www.instagram.com/foodwithfrances)



3

INSTA HERE:
 Coffee + Flowers Sign

COMMUNAL COFFEE
 2335 University Ave
 San Diego, CA 92104
 619.363.7737
www.communalcoffee.com

4

INSTA HERE:
 Palm Leaf Wallpaper

HOLY MATCHA
 3118 University Ave
 San Diego, CA 92104
www.holymatchasd.com

INSTA HERE:
 Caribe Welcome

5

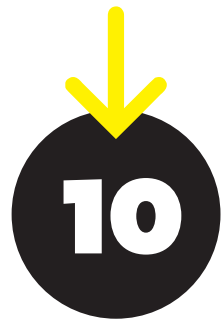
INSTA HERE:
 Cherry Blossom Tree

CLOAK & PETAL
 1953 India St
 San Diego, CA 92101
 619.501.5505
www.cloakandpetal.com

6

INSTA HERE:
 In Pie We Crust Sign

POP PIE CO.
 4404 Park Blvd
 San Diego, CA 92116
 619.501.4440
www.poppieco.com



Foodie Accounts You Should Be Following

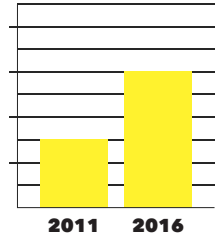
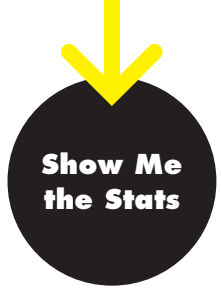
1. @youstayhungrysd
2. @bestfoodsandiego
3. @eat_sandiego
4. @eat_whatcha_like
5. @sdfooddiaries
6. @bestfoodfeed
7. @firstcomeslatte
8. @619foodie
9. @taylereatseverything
10. @apriljackeats

Photos - Miss B's Coconut Club: @missbcoconutclub | Liberty Public Market: @karaleavesagain | The Goods: @thegoodscarlsbad | Communal Coffee: @mensstylebygullermo | Holy Matcha: @holymatchaa | Cloak & Petal: @cloakandpetal | Pop Pie Co: @saharapopie



Make the Swap

SWITCH OUT UNHEALTHY FAVORITES FOR HEALTH-FOCUSED SUBSTITUTIONS



→ A study in the US National Library of Medicine shows that more than \$15.5 billion was spent on the retail sales of gluten-free foods in 2016, more than double the amount spent in 2011.



→ According to a study conducted by the *Vegetarian Times*, 3.2 percent of U.S. adults—aka 7.3 million people—follow a vegetarian-based diet.



→ A vegetarian diet is associated with weight reduction, improved blood pressure and a lower prevalence of Type 2 diabetes according to a paper published in the US National Library of Medicine.

San Diego may be home to some of the best eats in Southern California, but that doesn't mean much to people with certain dietary restrictions. Thankfully, vegans, vegetarians, pescatarians and those sensitive to gluten alike are all accounted for in SD's culinary scene, and the food-sensitive options out here do not disappoint!

Vegan
REPLACE THIS: BURGER
WITH THIS: MAGICAL/CG DOUBLE DOUBLE

→ This is so close to the real thing, you might even forget you're actually eating a black bean patty. Of course, Café Gratitude is so popular for their food that even a carnivore wouldn't mind that it's entirely vegan!
CAFÉ GRATITUDE
 1980 Kettner Blvd
 San Diego, CA 92101
 619.736.5077
www.cafegratitude.com

Vegetarian
REPLACE THIS: CHICKEN POTSTICKERS
WITH THIS: "CHICKEN" POTSTICKERS

→ Sipz knows how to take vegetarian-friendly fare and make it fun with an exceptional menu of tea, boba drinks and a full menu. Their "chicken" potstickers have everyone fooled.
SIPZ VEGETARIAN FUSION CAFÉ
 5501 Clairemont Mesa Blvd
 San Diego, CA 92117
 858.279.3747
www.sipz.com

Pescatarian
REPLACE THIS: FILET MIGNON
WITH THIS: FLOUNDER

→ There's no better place to get fish than right by the sea, so it's a good thing that's exactly where you'll find Campfire. This rustic restaurant has received plenty of high praise, and undoubtedly it's because of the way their Flounder a la Plancha and other dishes are inspired by the smoky flavors of a wood fire.
CAMPFIRE
 2725 State St
 Carlsbad, CA 92008
 760.637.5121
www.thisiscampfire.com

Gluten-Free
REPLACE THIS: BISCOTTI
WITH THIS: GLUTEN-FREE CINNAMON DIPPER

→ There are plenty of reasons to love Starry Lane Bakery—and they all come in the form of cookies, cupcakes and pastries. Plus, they get brownie points for catering to people with gluten sensitivities. ■
STARRY LANE BAKERY
 3925 Fourth Ave
 San Diego, CA 92103
 619.328.0500
www.starrylanebakery.com