



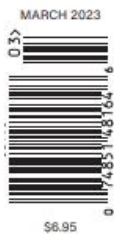
SAN DIEGO[®]

MAGAZINE



THIS IS BRUNCH

Our annual guide and all the hyperbole we can think of on the subject



\$6.95

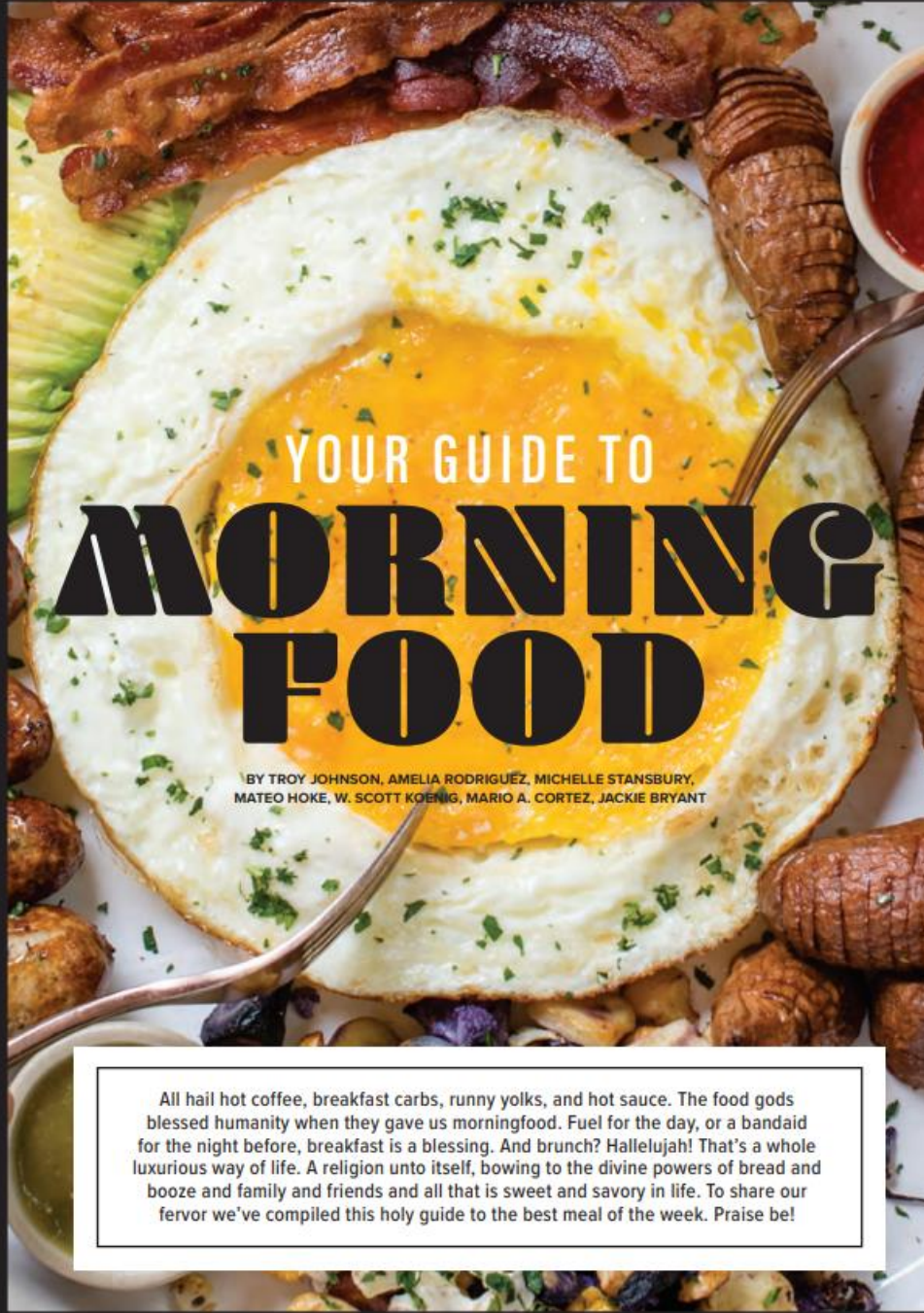
SPRING CLEANING TIJUANA'S UCSD-BACKED MIGRANT COMMUNITY ARIZONA TRAVEL TOP LAWYERS

The Ten Brunch Commandments:

10 You shall call it "avocado toast" only as long as you agree it's really just guacamole on a bigger, softer chip. Seriously, come on.

9 You shall bring only, like, cool kids. We expect any brunch kid to drink four or five apple juices, tell us their life story, identify a hope and dream they're finally giving up on, and cry like the rest of us.

8 You shall not talk about running, biking, yoga, Pelotons, Crossfit, swimming, rock climbing, or anything else sweat-related. Mentioning your core could get you removed from the table.



YOUR GUIDE TO MORNING FOOD

BY TROY JOHNSON, AMELIA RODRIGUEZ, MICHELLE STANSBURY, MATEO HOKE, W. SCOTT KOENIG, MARIO A. CORTEZ, JACKIE BRYANT

All hail hot coffee, breakfast carbs, runny yolks, and hot sauce. The food gods blessed humanity when they gave us morningfood. Fuel for the day, or a bandaid for the night before, breakfast is a blessing. And brunch? Hallelujah! That's a whole luxurious way of life. A religion unto itself, bowing to the divine powers of bread and booze and family and friends and all that is sweet and savory in life. To share our fervor we've compiled this holy guide to the best meal of the week. Praise be!

7 You shall order the steel cut oats and detoxifying green juice if you so please. Don't let being spontaneously unloved by everyone around you or your inability to read the room stand in your way. Go for it. Do crunchies in the donut shop, you fraud.

6 You shall make fun of brunch culture while also enjoying brunch. Sure, seeing that many selfies in one space is a tad unnerving, but you take it in stride.

5 You shall not call it breakfast. Breakfast is fuel. Brunch is the ride.

4 You shall have no plans afterward. Brunch is not a warm-up to your to-do list. Even if you choose not to fully sink into a quicksand of frosted carbs and alcohol, we need to know that you *could*.

3 You shall bring at least three friends. This is so that you can taste the requisite 10 or 12 food items. Can I finish all your eyes desired? You can retreat breakfast food. Even eggs. Suck it up.

2 The table shall order a mixture of sweet and savory food. The very idea of brunch came from the first time the syrup migrated over to the bacon side of the plate. Savory, salty, sweet all at once—the experience advanced us as a species.

1 Every person shall have a minimum of four drinks. Something bubbly, something green, something caffeinated — and water, because even monsters have survival instincts.



GREEN DOOR CAFE

Gluten Freedom

Free yourself from the kitchen with these allergy-friendly brunch spots

BY CHERIE GOUGH

Living with serious food allergies or limitations can feel like an unending nightmare haunted by tiny, eight-dollar loaves of bread, forbidden grocery store aisles, endless meal plans, and dirty dishes. As a mom of a daughter with celiac disease, I sometimes dream of brunch like a faraway, unattainable vacation.

The relentless search for dining normalcy is a stressful task for families with special diets. But food allergies and brunch are becoming more compatible.

We found restaurants that ensure everyone can enjoy a great brunch beyond salads. So, go ahead. Take that mini vacation. Top off your week with a dollop of decadent whipped cream (or without). These restaurants listen attentively and provide safe choices.

As always, before you order that mimosa, be sure to communicate your allergy needs clearly. These brunch spots have well-trained staff offering safe substitutions, but many of the kitchens are not entirely allergen-free.

THE TRAILS EATERY

Stacey Poon-Kinney of Food Network acclaim has carved out a family-friendly neighborhood gem in San Carlos at The Trails Eatery. Her impeccably trained staff takes food allergies seriously and provides vintage-inspired service with hospitality. Guests love the extensive gluten-free menu full of homemade delights. Serious sweet tooth? Try the Lemon Berry Frenchie filled with lemon curd and crowned with light lavender cream. Or, get your savory kicks from the chipotle-infused, hearty Carne Bene.

GREEN DOOR CAFE

Dreaming of charming European sidewalk cafes? Chef Martin Hall infuses pride and care into every detail of daily brunch at La Jolla's Green Door Cafe on Girard. Hall carefully sources local produce for his seasonal menu with equal attention to sweet and savory items. Everything at the cafe is scratch-made, and with Hall's creativity and careful attention, safe substitutions are accessible for any allergy. Love it? Return to their delightful patio for a gluten-free high tea.

BARRIO STAR

Those of us who venerate gluten-free tacos celebrate weekend brunch at Barrio Star in Banker's Hill. Come for the margarita flight,

especially the roasted jalapeño blackberry margarita that packs a spicy punch alongside fresh lime and muddled berries. Stay for the vibrant vibe, hand-pressed corn tortillas, and gluten-free offerings such as the Avocado Omelette, Soy Chorizo Scramble, and tacos with rice and beans.

NECTARINE GROVE

North County's Nectarine Grove makes dining with food allergies simple. Everything on the menu is gluten-free. Other allergens are clearly labeled so diners can pack away worries and nosh without care on house-made favorites like the Breakfast Sammie, a toasted bun piled with crispy bacon, egg, and creamy avocado. Or try the Farmer's Market Scramble, filled with roasted veggies and served with irresistibly chewy house-made nut and seed bread.

CRUSHED

Ditch the 'burbs and take your girlfriends to lively Crushed in PB or North Park for a savory brunch where a flight of mimosas is queen. General Manager Amy Ballester's consistent staff is knowledgeable about gluten-free and vegan menu items. Awaken taste buds with the caramelized sweet and sour Brussels nestled in a surprising bed of crunchy chickpeas. Try it with one of Crushed's many cauliflower crust flatbreads.



BARRIO STAR

GREEN DOOR CAFE FRENCH TOAST: AYISHA WINTER