

# SAN DIEGO FOOD FINDS

SAN DIEGO'S BEST RESTAURANTS, MARKETS AND LOCAL CULINARY OFFERINGS

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## Where to Find Summer Salads

With the summer months on the horizon, now is the perfect opportunity turn over a new leaf (literally) with some healthy summer salads that are easy to commit to! We've compiled a list of San Diego establishments with the best summer salads made to prepare you for the bikini season ahead.



The Gaslamp's [Union Kitchen & Tap](#) is a one stop shop for fantastic people watching in the sun and even better summer fare. If you are looking for something sweet and savory, the Local Greens is the way to go. Ingredients such as the candied almonds, a crispy poached egg, goat cheese, and honey red wine vinaigrette, carry bold tastes that can only be made better by being combined into one dish.

With spots in Pacific Beach, Hillcrest and Liberty Station, [Fig Tree Café](#) offers a variety of locally sourced fruits and veggies at every location. The light and juicy Red Grape Salad, made with mixed greens, California red grapes, walnuts, cucumbers, goat cheese and a citrus cilantro dressing, is a refreshing treat on a warm summer day.

[Pillbox Tavern](#) in Solana Beach provides Coastal Americana cuisine with fresh ingredients complimented by homemade dressings. The Chinese Chicken Salad with lettuce, chopped Napa and red cabbage, carrot, green onion, candied garlic, crispy wontons and toasted almonds in a pineapple ginger dressing, is a summer must have before heading to the beach. In addition to being delicious and nutritious, this tangy dish won't weigh you down.

The local Encinitas favorite, [Lumberyard Tavern](#), has a Spinach and Salmon Salad packed with nourishing protein to build lean muscle. This tasty meal is made with baby spinach, tomatoes, Kalamata olives, cucumber and feta cheese, all tossed in a dill vinaigrette. Not to mention it is full of healthy antioxidants to keep you fit!

In the heart of Hillcrest, [Uptown Tavern](#) has an outdoor patio ideal for lunch in the sun while savoring in the Citrus Strawberry Salad that is just as bright. Enjoy mizuna greens, hass avocado, blood orange, purple haze goat cheese, strawberries, candied walnuts, pomelo grapefruit and poppy seed vinaigrette. Protein add-ons also include bacon, chicken, shrimp, market fish and steak. This berry sweet summer creation is packed with healthy sugars to give you the day's energy, all while keeping you in shape.

Tucked away on Felspar Street in Pacific Beach, [Isabel's Cantina](#) brings you the greens and the flavor. The roasted Mexican Chopped Salad features a fusion of Asian and Latin cuisine. Flavorful ingredients include chopped romaine lettuce, radish, cucumber, red cabbage, tortilla strips, chipotle corn salsa, pepita seeds, cotija, avocado and cumin vinaigrette. Add chicken, carnitas, tofu or soy chorizo to any order for a kick of protein.

With so many combinations of fruits, veggies, proteins and dressings, your guaranteed to find a summer salad you'll love to eat and keep you fit! AltStrat

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