

San Diego Food Finds Blog

Try Out These Low Cal Summer Eats

July 28, 2016 Maria Desiderata Montana Food News, Restaurant Reviews



Encontro Arugula Salad with Salmon

These San Diego restaurants have made it easy for foodies alike to indulge in delicious low-cal eats without compromising flavor. Strap on your sandals and open up that appetite because these dishes will have you looking in tip-top shape without too much effort on your part.

At [Farmer's Bottega](#), customers need not to worry about quality because everything offered at this dynamic eatery uses fresh and sustainable local ingredients. Their menu embraces a mix of traditional Italian and American-organic cuisine, reassuring clients that recipes and handcrafted creations will definitely please every taste bud. Best of all, staying healthy at this spot won't be too difficult especially when they offer amazingly-nutritious options like the **Stay Fit Omelet**. This flavorful omelet is prepared with egg whites, mushrooms, fresh spinach, roasted garlic, and herb goat cheese,

folded into a fluffy blanket of scrumptiousness, and served hot for your munching pleasures. What better way to start the day than with juicy ingredients that are good and good for you!

[Union Kitchen & Tap Encinitas](#) and in the vibrant [Gaslamp Quarter](#), is constantly attracting crowds to their modern yet rustic eateries. This neighborhood tavern uses only the purest ingredients and prides themselves in providing customers with the bounty of Southern California. This summer, their menu boasts a **Watermelon Salad** that will surely cool down even the stickiest summer celebrators. This colorful dish is served up with fresh arugula, juicy watermelon, avocado, ricotta salata, and sherry shallot vinaigrette. Fork on a combination of these garden-fresh ingredients and relish in each revitalizing bite of pure, healthy tastiness.



Pillbox Tavern Muenster Veggie Burger

[The Fish Shop](#) dishes out local, fresh fish daily and with popular locations in Pacific Beach and Encinitas, beach dwellers can surf right up to this local favorite. Here you can wedge your selection of fish, between a torta roll, a taco, in a salad or on a plate. All of these selections are incredibly healthy and the bread selections even come in wheat options to ensure no added pounds to that waste line. The **Smoked Salmon Sandwich**, one delectable choice amongst many, a toasted wheat

torta roll, capers, pickled red onions, fresh tomato, lettuce & tartar sauce. With high quality ingredients, less is more at this fish joint and that's just how customers like it. Loaded in freshness, savory fish, and veggies yet low in calories and fat, this hearty meal will have you striking a sunny smile all day.

This unique restaurant invites customers to enjoy handcrafted foods, fresh dishes, and hand-made sausages. [Encontro](#), nestled in North Park showcases an incredibly designed space, paired with fresh bites and sandwiches and salads as their forte. Sticking to the delicious yet nutritious vibe, Encontro offers a **Kale Caesar Salad** that will contradict your idea of salads being boring. This seasonal salad is tossed with baby mixed kale, sweet 100 cherry tomatoes, shaved parmigiano-reggiano, croutons, and buttermilk lemon dressing. For us protein-hungry foodies out there add on your selection of grilled shrimp, Scottish salmon, flat iron steak, Mary's chicken or a homemade sausage to finish off strong. Both your body and taste buds will be exclaiming in delight with this heart-healthy plate of greens.

Wedged in Solana Beach, [Pillbox Tavern](#) is a prime destination for weekend brunch or late night supper, featuring rotating local tap beers and different foods and drinks that are sure to satisfy even the pickiest eaters. Amongst those picky-eaters come the health-conscious ones that seek nourishing dishes that feeds their inner foodie and Pillbox Tavern serves up just that. The **Muenster Veggie Burger**, yes a burger, is as healthy as can be, not to mention outrageously tasty. This burger is unique in that the patty is a house made black bean patty, topped with muenster cheese, basil goat cheese hummus, spinach & arugula mix, fajita veggies, grilled Portobello mushrooms, avocado & a drizzle of sun-dried tomato pesto on a brioche bun. Finally, a burger you don't have to feel guilty about! No need to count calories just bite into the mix of vibrant ingredients all nestled perfectly into a brioche bun, savor, and eat.