



VEGETARIAN DINING OPTIONS

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Muenster Veggie Burger at Pillbox Tavern

Vegetarian dining options are a great way to eat lighter, easy to work into your normal diet. With so many fantastic vegetarian dishes in San Diego, you won't miss meat when chowing down on these picks.

[Farmer's Bottega](#) in Mission Hills is turning heads with its extensive menu that embraces a fusion of Italian and American cuisine. Embodying the farm-to-table movement, every item offered at this restaurant is prepared with fresh, sustainable produce that is locally grown and their **Portobello Napoleon** is no exception. Gluten-free and made with tomato, artichoke, bell peppers, eggplant and au jus, this sandwich is so savory and rich in flavor that you'll forget it's vegetarian.

Everybody knows that one of San Diego's best traits is its abundance of quality Mexican food. [The Taco Stand](#) is one of these beloved suppliers of delicious tacos that bring the flavors from south of the border to California. The **Nopal Taco** is a vegetarian taco made with flamed grilled cactus, melted cheese, cilantro sauce, tomato, and avocado. You can also substitute the cheese for beans. We love it for how unique it is! The Nopal Taco comes with all the traditional ingredients and flavors that are found in most tacos, but it substitutes meat for grilled cactus that we heard is known to be a hit "superfood". Grilled cactus is packed with vitamins and nutrients, and supports key health benefits such as lowering cholesterol and blood sugar, while also promoting weight loss. Who wouldn't want that in a taco?!

With all the exciting places to dine in San Diego, it's about time East County gets another notch on its culinary belt. [Farmer's Table](#) is what La Mesa has been hungering for, bringing together fresh, local flavors and unique recipes to create innovative spins on time-tested favorites. Farmer's Table is La Mesa's food-to-fork destination, where locally sourced organic ingredients come together to be savored in an inviting atmosphere. The pizzas at Farmer's Table are nothing short of exquisite. Try the **Margherita Pizza**, a vegetarian pizza made with fresh tomato sauce, fresh milk mozzarella, and basil, or the **Heirloom Tomato Flatbread** with broccolini, roasted Portobello, fresh mozzarella, and roasted garlic.

Solana Beach's neighborhood hotspot, [Pillbox Tavern](#), may have a large number of BBQ items and wings to choose from, but their **Muenster Veggie Burger** is a must-try. It all starts with their housemade black bean patty, piled high with muenster cheese, basil goat cheese hummus, spinach & arugula mix, fajita veggies, grilled Portobello mushroom, avocado, and a drizzle of sun-dried tomato pesto. Trust us – this stacked burger is packed with so many delicious ingredients, you won't even realize there isn't any actual meat in the burger.

San Diego's iconic hot spot for the most important meal of the day, [Breakfast Republic](#), is best known for their extensive menu incorporating innovative and classic breakfast foods, branded décor, and humor-cracking signage. With locations in North Park, Liberty Station, Encinitas, East Village, and soon to be open in Ocean Beach, Breakfast Republic has grown into the top spot for locals and tourists to flock to every morning, no matter where they are in San Diego. Make the morning a fiesta with the **2 Veggie Breakfast Tostadas** with black beans, Monterey jack and cheddar cheese, avocado, pico de gallo, and two over medium eggs, served with sour cream and house potatoes.