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The Best Summer Salads in San Diego

By Darlene Horn
July 22, 2014



San Diego's year-round availability of fresh, local greens goes to waste when you order a sad combination of iceberg lettuce, shredded carrots and ranch. Revive your salad routine with these four exceptional specimens, available all summer long.

1) Roasted Beet Salad at **Cucina Enoteca Del Mar**

This dish from Cucina Enoteca Del Mar (pictured at top) defies every humdrum beet salad you've ever tasted. Chunks of avocado and beet headline this compilation, dotted with micro basil and pistachio chunks. A spread of honey yogurt and balsamic vinegar dressing on the plate completes this summery dish with nary a limp lettuce leaf in sight.

Cost: \$11



2) Watermelon Salad at **Union Kitchen and Tap**

For the season's freshest take on fruit with veggies, look no further than Union Kitchen and Tap. Juicy watermelon chunks and avocado top arugula that's lightly tossed in a sherry shallot vinaigrette. A generous shaving of ricotta salata does wonders when it's mixed into the



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peppery leaves and sweet watermelon.
Cost: \$12



3) Caesar Salad at **Table No. 10**

Hearty Brussels sprouts sub in for romaine in this deconstructed, reimagined take on an American favorite. The sprouts sit on a classic Caesar dressing along with halfway peeled tomatoes and Parmesan crisps. It's crunchy, hearty and totally gorgeous in every bite.
Cost: \$10



4) Chicken Chopped Salad at **True Food Kitchen**

It's a mix of sweet, savory, crunchy and chewy in this chopped salad by True Food Kitchen — a restaurant leader in healthy eats that promises to nourish you from the inside out. Their chopped salad combines cranberries, chopped dates, slivered jicama, squares of Machego cheese, farro and almonds. The champagne vinaigrette ties all the ingredients together, transforming the salad into something that tastes more decadent than it really is.
Cost: \$14

PLACES MENTIONED



Table No. 10
American • East Village

FOOD	DECOR	SERVICE	COST
-	-	-	M

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A Doris Day theme restaurant with a cheese dip called Queso Ra Sera.

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Go to #CatalinaIsland, get your Wiki Wacked, eat some oysters, sip tiki drinks, come home. Here's where: zagat.bz/1A2XL0L #summerfun

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Union Kitchen & Tap Gaslamp
Gaslamp Quarter

FOOD	DECOR	SERVICE	COST
-	-	-	M

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