



San Diego

SEPTEMBER 2014 // RESTAURANT GUIDE

A magazine for the evolved man

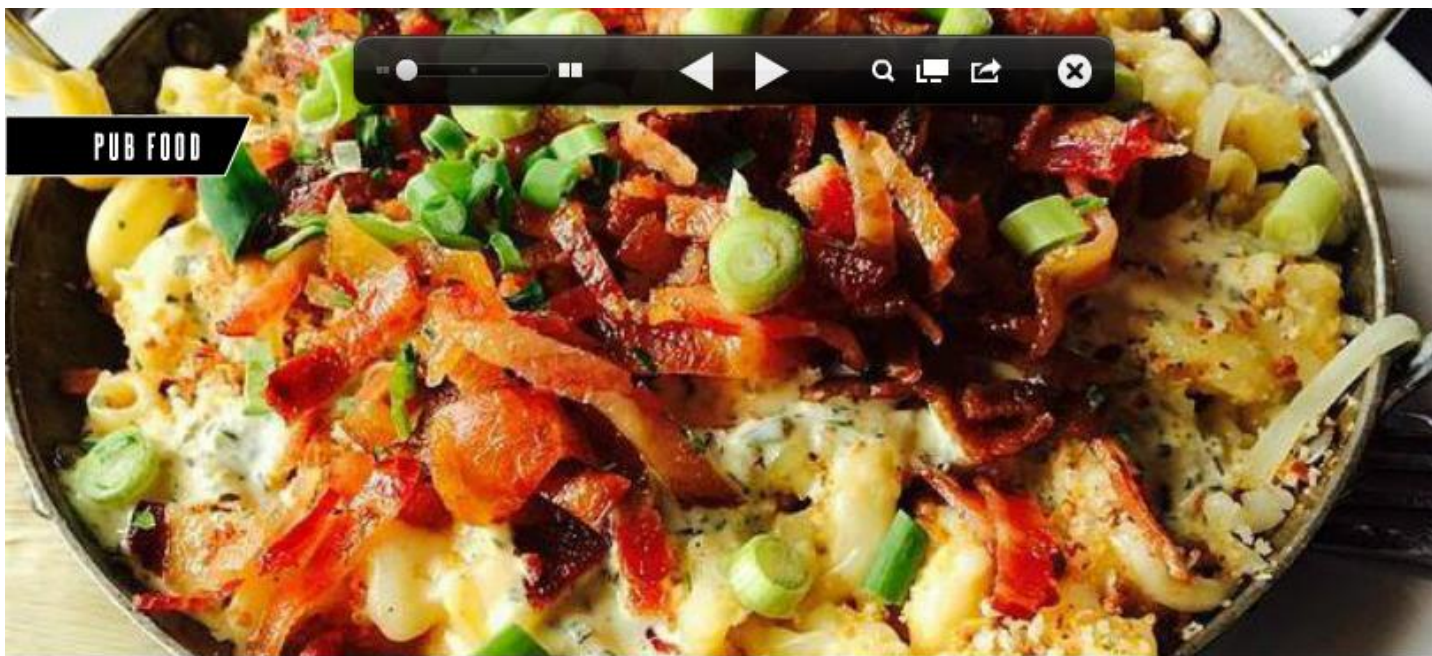
Eat
+ DRINK
RESTAURANT
GUIDE

EATING ORGANIC
Is it worth it?

**CALIFORNIA
WINE COUNTRY**
More than expected



- FITNESS
- NUTRITION
- FOOD & DRINK
- RELATIONSHIPS
- TRAVEL



PUB FOOD

BARLEY MASH
 600 5th Ave, Gaslamp
 619.255.7373 // barleymash.com

"Located in the Gaslamp, barleymash is the fun, high-energy downtown restaurant and bar that celebrates the richness of American culture through its appetizing and progressive bar fare. Both the restaurant philosophy and menu offerings draw heavily from two barroom staples: beer and bourbon. The name, in fact, refers to the typical grain mixture used in the brewing and distillation process of both beer and bourbon. What results from this pairing is a uniquely American dining experience and aesthetic that remind all patrons of two simple ideas: life is meant to be sipped and savored, and good times should always be shared."

RETURNING ESTABLISHMENTS

THE REGAL SEAGULL
 996 N Coast Hwy 101 Encinitas
 760.479.2337 RegalSeagull.com

"They are a quaint little joint nestled in Leucadia boasting a fine selection of Craft Beer, as well as a complete menu of artisan sausages and other delectable items. Come in, enjoy yourself, be social, and savor the fruits of labor from some of the finest brewers around the world."



LOCAL HABIT
 827 5th Ave, Hillcrest
 619.795.4770 // MyLocalHabit.com

"They are turning the conventional model of farming on its head by producing top quality organic certified greens locally, sustainably, and for consistent prices all year long. To accomplish this feat they're embracing the power of hydroponics and urban greenhouses that they envision being located in every major metropolitan area. You can find their delicious bloomsdale spinach, red gem lettuce, and green butter lettuce in their salads, on their pizzas and po' boys."

TIGER! TIGER!
 3025 El Cajon Blvd, North Park
 619.487.0401
tigertigertavern.blogspot.com

"One of Lee Chase's joints, this place certainly doesn't disappoint. They serve Lee's beer from Automatic Brewing as well as a ton of reputable other beers from around the country. Pair that with delicious food, an onsite bakery, and a casual dining atmosphere, you will want to go there every day, except for Monday's because they are closed. If you want to check out his other places, go to the Blind Lady Ale House in Normal Heights or Carolyn's Pub in Balboa Park."

NEW ADDITIONS

THE COMPASS
 300 Carlsbad Village Drive #202, Carlsbad
 760.434.1900 // TheCompassCarlsbad.com

"This is the actual bar where co-founders Chris Lapham and Steve Kang came together and created 4L Magazine. They were huge fans of the bacon wrapped corn dogs served at the Compass and must have had them every day for almost two weeks. One day in a craft beer and corn dog haze, they started discussing what would be a magazine that they would read....4L was born. Thank you Compass!"

MONKEY PAW
 805 16th Street, East Village
 619.358.9901 // MonkeyPawBrewing.com

"They brew their beer right next door on-site. It only has to travel through a mere doorway for brewery freshness to your mouth. Don't worry about their name, they don't actually serve monkey, they serve a great variety of Cheesesteaks and more. They also have a great selection of tap and bottle beers other than their own."

HAMILTON'S TAVERN
 1521 30th St, South Park
 619.238.5460 // HamiltonsTavern.com

"Cafe offers tasty pub grub with several unique twists. Whether it's their crazy spicy Deer Hunter buffalo wings, veggie potato patty sandwiches, one of the signature burgers, or their own made in-house hop sausages, you're sure to find something delicious to eat."