



Unique Brussel Sprout Dishes Around San Diego

Brussel sprouts have become a favorite San Diego dish, whether they're tossed in sriracha, roasted with bacon or covered in a layer of parmesan cheese. We've rounded up some restaurants around San Diego with the top tasty Brussel dishes!



Located in the popular Gaslamp District, [The Smoking Gun](#) not only serves retro-inspired cocktails but Southern bar bites as well. Along with smoked meat plates and

appetizing sliders, **Fried Brussels** are also on the menu. Not only is this side dish served with a layer of parmesan cheese, but it is also smothered in bbq gastrique.

When you think of delicious Italian food, Brussel sprouts might not be the first thing that comes to mind. But at [Antica Trattoria](#) in La Mesa, it only makes sense to start your dinner with an order of **Cavoletti**, or crispy Brussels sprouts served with pancetta, shaved parmesan cheese and a balsamic glaze.

[barleymash](#) is a fun, high-energy downtown restaurant and bar that celebrates the richness of American culture through progressive bar fare, beer and craft cocktails. What happens when you add Brussels to mac & cheese? The **Brussels Heaven** is made with cavatappi noodles, poblano beer-cheese sauce, pepper jack beer-cheese sauce, a three-cheese blend and bread crumbs plus roasted Brussel sprouts, whiskey-caramelized onions, applewood-smoked bacon, shredded parmesan and a balsamic-Jager drizzle.



A neighborhood favorite spot, [The Haven Pizzeria](#) in historic Kensington offers salads, sandwiches and pasta dishes, plus some delicious Neapolitan-style pizzas.

Here you can find uniquely crafted pies, like the **Total Package** made with roasted garlic sauce, Brussels sprouts, caramelized onions and mozzarella.

[Backyard Kitchen & Tap](#), in Pacific Beach, has a made-from-scratch menu, large selection of local brews and craft cocktails, and expansive patio which all make it a great place to spend time with friends after hitting up the beach. Start out with the **Pan Roasted Brussels Sprouts** – Cherrywood smoked bacon and sriracha-maple glaze make for a spicy, yet savory dish that really packs the flavor. To enhance and compliment spicy red chili pepper and garlic taste that comes with sriracha, we recommend pairing with a beer like the **Bear Republic Racer 5 IPA**, a full-bodied, heavily hopped brew.

San Diego's go-to morning breakfast joint, [Breakfast Republic](#), has locations across the city, which makes it an ideal place to start your day. Their delicious side of house potatoes can be upgraded (for two bucks more) to Brussels sprout roasted potatoes with parmesan cheese, bacon, balsamic vinegar and onion.