



Super sangrias around San Diego

As the saying goes, “When life hands you lemons, make sangria.”

The fruity mixed concoction, is traditionally made with red wine, chopped fruits, brandy or spirits, and simple syrup. Popular in Europe for hundreds of years, sangria grabs its name from the Spanish word sangre (which means blood), and was first introduced to the United States in 1964 at the New York World’s Fair.

The crimson delight also has a pale version, sangria blanca, commonly made with white wine and peaches.

This holiday season, grab friends and an Uber, and create a sangria tour around San Diego with these hot picks.

Barleymash

Take an after work break between 3-6 p.m. with half-priced glasses of their Red Sangria made with red wine, apple, peach, citrus fruits and cinnamon. Try with half-priced appetizers, such as Tuna Poke, Citrus Vodka Ceviche, or Duck Empanadas for the happiest happy hour all month.

600 Fifth Ave., Gaslamp, 619.255.7373, barleymash.com