

edible SAN DIEGO

San Diego's Best Summer Brunches

Brunch might be too basic for some food critics but thank goodness we're not food critics because these local brunches will fulfill your decadent weekend plans

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Soon after brunch became a national obsession, it became the meal we loved to hate. Brunch is big and it's bold—breakfast's obscene, over-the-top cousin. Food critics, mostly, hate brunch. Anthony Bourdain [railed against the meal](#) in *Kitchen Confidential*, revealing that chefs would repurpose leftovers, top it with a couple of eggs and bacteria-laden hollandaise and overcharge eager customers.

But, brunch isn't meant for food critics, it's meant for friends. Brunch is a judgment-free zone where you can eat dessert for breakfast in public, head held high. There isn't anything wrong with devouring a plate of tiramisu pancakes bigger than your floppy hat. A Bloody Mary isn't less delicious just because it's garnished with fried chicken, lobster claws, or grilled cheese sandwiches. Moët at 10am is just as satisfying out of a Champagne vending machine, maybe more. And we can all agree that the slow-motion pour of real maple syrup could inspire its own sonnet.

Since some restaurants shorten your life span with grandiose portion sizes and dishes that are more Instagrammable than edible, you shouldn't judge a brunch by its cover. Instead, look for thoughtful brunch spots that feature seasonal ingredients, local sourcing, sunny patios, and fresh ideas, like these San Diego spots

barleymash



The Rancher barleyhash. Image: barleymash.

Executive chef Kevin Templeton just relaunched [barleymash's](#) summer brunch menu featuring breakfast burgers, French toasts, and barleyhashes.

Edible San Diego features barleymash

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