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San Diego's First Cannabis Cocktail Arrives at True North Tavern

Plus, Check Out Their #TotsForTots Campaign
Throughout December

Located just off University Avenue in San Diego's Trendy North Park district lies True North Tavern (TNT). True North is a neighborhood sports bar that doubles as a hotspot for dancing and entertainment.

If this previous election has given us anything to celebrate, it's the passing of Prop. 64 and in honor of what many view as a step in the right direction, True North Tavern is offering the Prop 64 cocktail. Chateau aloe liqueur and Nolet's dry gin are a few of the featured ingredients, but the real star and the reason why patrons crave this concoction is the (very legal) CBD oil. Extracted from the hemp stalk, Cannabidiol, or CBD oil, creates a sense of physical relaxation while helping you stay awake without any of the psychoactive compounds.

“The Prop 64 story began with Bartenders Christine Briggs & Amy Adams at the drawing table with myself,” says Dan Sutherland, co-creator of the cocktail and lead alchemist at TNT. “We started talking about the 2016 Election. Then we got into Prop 64, legal mumbo-jumbo, and then finally CBD oil. We were slamming our drinks (condensation joke) on the table demanding that we be the first in San Diego to use CBD in a drink. Then some stuff happened I think and now here we are and we couldn’t be more proud.”



Wanting to get a jump on the proposition’s passing, election night saw the creation of a whole new menu with the Prop. 64 cocktail as the headlining act. True North took a gamble, hoping the proposition would pass and lucky for them, it did. It has since become an extremely popular seller. “The drink itself would be really good but the CBD oil gives it something extra,” said Jeff Capps, one of the talented bartenders working at True North. This “something extra” isn’t a high since the oil comes from the stock, not the flower. It’s more like a good feeling above what other cocktails can give you. There’s

no limit on how many customers can have, but usually people don't order more than two.

Besides the CBD oil, other ingredients such as the Chateau aloe based liqueur, made in LA, make this cocktail unique. The dry Amarillo hops are usually used in beer, especially pale ale and mint garnish and Capps adds, "accents the cocktail really well." This unique drink—the first of its kind in San Diego—tastes great, makes you feel great and is "pretty awesome all around," says Capps. He continued by saying everyone who has had this drink loves it. It's part of an eclectic cocktail list, matching the eclectic neighborhood, "It's something we work really hard on and take a lot of pride in," he said.

On weekends, this venue becomes a club, but for those who need some weekday partying, specials, such as Tuesday Soul Jam, run all week and by Thursday, True North is getting prepared for the weekend with DJs spinning late into the night. Happy hour drink specials also run every day noon to 7 p.m., which gives patrons \$1 off beer and cocktails excluding specialties. On Sundays, their Bloody Mary football special is offered, adding to their reputation as one of San Diego's premier Sunday football destinations. Other food favorites range from the BBQ burger to kale salad, providing options for everyone to enjoy.

Keeping sports fans in mind, 25 HD widescreen TVs fill the venue and all major satellite packages are carried, meaning if there is a game you want to watch, chances are it's showing at True North Tavern. When the game is over, two full-service bars, two outdoor patios and pool tables ensure the entertainment keeps going. Plus, having 30 taps and a variety of cocktails such as the North Parker and When Doves Cry never hurt.

Continuing in the spirit of the neighborhood's welcoming vibe, True North provides all the bar favorites you have come to love such as their tasty grilled cheese sandwich and delicious basket of tots. Through December, True North is having their Tots for Tots campaign where 15 percent of sales from each Tot basket sold goes to [San Diego Center for Children](#). Stop by True North Tavern the next time you're in North Park, you won't be disappointed.

True North Tavern

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