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Eat This Now: San Diego's 30 Essential Dishes

BY DARLENE HORN | JANUARY 23, 2017



No matter the time of year in San Diego, there's always something good to eat, and our updated list of 30 essential eats in San Diego is living proof. For those of you planning on keeping your resolutions to eat healthier, we have a bunch of delicious options, as well as some not-so-healthy ones. Check out this list of our absolute favorites, including sausage-stuffed rolls, made-before-your-eyes ceviche, vegetarian chili and more.



Smashbrown biscuit at True North Tavern

What's not to love about the biscuit trend sweeping San Diego? For the best example, go to North Park's True North Tavern, where they're making an art of buttermilk biscuits and using them whenever they can, like in the impressive Smashdown biscuit. The unwieldy handheld includes a thick, housemade potato patty, fried egg, cheddar cheese and bacon. Despite the breakfast ingredients, you'll only find this dish on the lunch and dinner menus.

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