



## Fresh menus around San Diego



Restaurants around San Diego are launching fresh items on new seasonal menus.

**Spill the Beans** in the Gaslamp Quarter has added breakfast chia bowls to its menu. For \$6, you can start your day with the Berry Bowl, made with fresh seasonal berries and coconut milk yogurt, or with the Protein Bowl, with bananas, house-made almond butter and organic agave. Each bowl is topped with chia, flax, sesame and sunflower seeds. 565 Market St., San Diego. (619) 233-3836. [spillthebeanssd.com](http://spillthebeanssd.com)