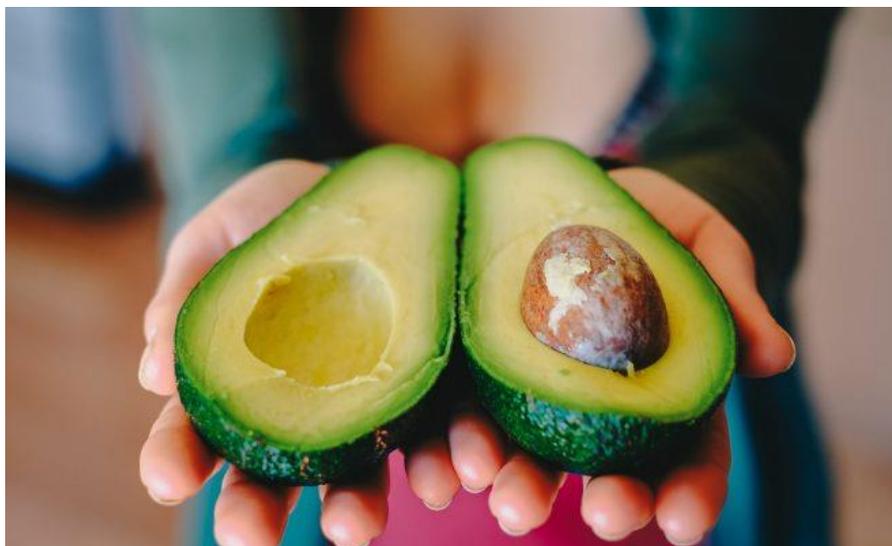


DINING

Where to Celebrate National Avocado Day on July 31



Whether mashed up and made into guacamole, combined with coconut milk and lime juice to create ice cream or simply enjoyed on its own, we can all agree there are tons of ways to love avocados. And since Tuesday, July 31st is National Avocado Day, it only seems right to celebrate by tasting some of the most unique and delicious avocado dishes in San Diego.

BARREL REPUBLIC

Known as the mecca for craft beer lovers, both the Oceanside and Carlsbad locations offer appetizers, salads, flatbreads and burgers to nosh on while you sip to your heart's content. On National Avocado Day, opt for the Crispy Avocado Grilled Cheese, a mouth-watering sandwich made with mozzarella cheese, avocado, tomato smear and kale pesto, all served on sourdough bread. Pair with a refreshing and fruity brew like the Oceanside location's *Prodigy* Hefeweizen or *32 North* Cruel Summer Hefeweizen, on tap at Barrel Republic's Carlsbad location.



DEL SUR MEXICAN CANTINA

This South Park gem not only has authentic Mexican fare and one-of-a-kind margaritas, but they're also serving a tasty Vegan Avocado Lime Ice Cream. Made with coconut milk, lime, avocado and a sprinkle of tangy Tajin seasoning, this vegan delicacy is the perfect treat for this San Diego summer heat.



FARMER'S TABLE

On Avocado Day, stop in to Farmer's Table to experience their great Happy Hour deals, from 3:00 p.m. to 6:00 p.m. This La Mesa eatery offers \$5 draft beers, \$6 wines and \$8 cocktails, along with flatbreads and apps like their delectable *Bison Tartare*. Served with local avocado, garlic, capers, mango-pomegranate salsa, quail egg and crostini, this appetizer trumps all others.



JALISCO CANTINA

Guests can enjoy creative, delicious and scratch-made fresh food choices that pair wonderfully with their handcrafted cocktails. For a unique take on everyone's favorite classic guacamole appetizer, Jalisco offers a *Spicy Shrimp Guacamole* with avocado, spicy jalapeño *purée*, lime, poblano, cilantro and cotija cheese, with a side of tostadas for dipping.



SPILL THE BEANS

Looking for a morning spot to keep you fueled throughout the day? This Gaslamp District breakfast joint serving bagels and coffee has got it all including a breakfast sandwich called *The Millennial*. Perfect for National Avocado Day, this menu item consists of your choice of bagel (the Everything is always a good option) is topped with fresh avocado, chia, sesame, flax, sunflower and poppy seeds, sea salt for a hearty and satisfying morning meal.