



**nileGUIDE**

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Michael in Flagstaff, Arizona

# Best of San Diego's Breakfast Spots

## San Diego, 1 Day

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# Guide Description



**AUTHOR NOTE:** If you love eggs, fried potatoes, local veggies and a big, steaming cup of Joe look no further than this San Diego guide to the Best of San Diego's Breakfast Spots. Searching the county far and wide, San Diego NileGuide has pulled together favorites from Gaslamp, North County beaches, La Jolla, Pacific Beach and more to serve up delicious entrees and local finds.

# Itinerary Overview

## Day 1 - San Diego

**DAY NOTE:** No, you won't have a chance to tackle all these breakfast spots in one day but that doesn't mean with a vacation in San Diego you shouldn't try. The best of San Diego's breakfast spots hit all areas of the county - from downtown Richard Walkers, known for their long lines and massive plates, North Park's Hash House a Go Go for a down home country style, and even North County's VG Bakery or Swami's, both offering up tasty sweets and treats.

For the sweet tooth, Little Italy's Extraordinary Desserts is a must have. Though not the traditional breakfast find, indulge in chocolaty pastries and coffee specials that represent San Diego unlike any other. Basics for the college elite include The Mission, The Cottage and The Coffee Cup, which offer simple menus, local veggies and friends.



### **The Mission**

Mission Beach's most popular breakfast



### **Hash House A Go Go**

Midwest's comfort food



### **Extraordinary Desserts**

Award winning desserts



### **World Famous**

Beach bar extraordinaire



### **V G Donuts & Bakery**

A little taste of heaven



### **Hob Nob Hill**

Satisfies hearty appetites

# Day 1 - San Diego

## QUICK NOTE

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### contact:

tel: 858/488-9060

fax: +1 858 488 4767

www.themission1.signonsandiego.com

### location:

3795 Mission Blvd  
San Diego CA 92109

### hours:

Daily 7am-3pm

## 1 The Mission

### OUR LOCAL EXPERT SAYS:

Get to breakfast early if you don't want to wait in line, and go in smaller groups to ensure a table!

**DESCRIPTION:** Located alongside the funky surf shops and bikini boutiques of bohemian Mission Beach, the Mission is the neighborhood's central meeting place. The menu features all-day breakfasts, from traditional pancakes to nouvelle egg dishes to burritos and quesadillas. Standouts include tamales and eggs with tomatillo sauce, chicken-apple sausage with eggs and a mound of rosemary potatoes, and cinnamon French toast with blackberry purée. At lunch, the menu expands for sandwiches, salads, and a few Chino-Latino items like ginger-sesame chicken tacos. Seating is casual, comfy, and conducive to lingering (tons of students, writers, and surfers hang out here), if only with a soup-bowl-size latte. Expect waits of half an hour or more on weekends. Other locations: 2801 University Ave., in North Park (tel. **619/220-8992**), and 1250 J St., downtown (tel. **619/632-7662**); both have similar menus and hours. © Frommer's



Photo courtesy of The Mission

### contact:

tel: 1 619 298 4646

http://www.hashhouseagogo.com

### location:

3628 Fifth Avenue  
San Diego CA 92103

### hours:

M-F 7:30a-2p, Sa-Su  
7:30a-2:30p, Tu-Th 5:30p-9p,  
F-Sa 5:30p-9:30p

## 2 Hash House A Go Go

### OUR LOCAL EXPERT SAYS:

Don't come hungry - there is always a line and always a wait

**DESCRIPTION:** Hash House A Go Go has earned devoted fans with huge portions of artfully arranged "twisted farm food". The chef has fun with dishes drawing on fresh produce and livestock and customers have fun eating until the cows come home. Flapjacks might include frosted flakes, the burgers are stuffed, and don't be surprised by the waffles and caramel with a Sage fried chicken at dinner. Breakfast is a favorite, but every meal offers creative plates for hungry folks. © wcities.com



citysearch

**contact:**

tel: 619/294-2132  
fax: +1 619 294 7032  
[www.extraordinarydesserts.com](http://www.extraordinarydesserts.com)

**location:**

2929 Fifth Ave  
San Diego CA 92103

**hours:**

Mon-Thurs 8:30am-11pm; Fri  
8:30am-midnight; Sat 10am-  
midnight; Sun 10am-11pm

### 3 Extraordinary Desserts

**DESCRIPTION:** Chef and proprietor Karen Krasne's talent surpasses the promise of her impressive pedigree, which includes a Certificat de Patisserie from Le Cordon Bleu in Paris. Dozens of divine creations are available daily, and many are garnished with edible gold or flowers. Among them: a passion-fruit ricotta torte bursting with kiwis, strawberries, and bananas; a giandua of chocolate cake lathered with hazelnut butter cream, chocolate mousse, and boysenberry preserves, and sprinkled with shards of praline; or the bête noir, a dark-chocolate cake layered with vanilla crème brûlée, chocolate mousse, and chocolate truffle cream. She also sells her own exclusive line of jams, chutneys, syrups, spices, and confections, both at the original location and at an architecturally striking second space in Little Italy, 1430 Union St. (tel. **619/294-7001**). The Little Italy location also serves paninis, salads, and artisan cheeses, as well as wine and beer. © Frommer's



Photo courtesy of Extraordinary Desserts

**contact:**

tel: 858 272 3100  
fax: 858 272 3189  
[http://sandiego.citysearch.com/profile/external/463630/san\\_diego\\_ca/world\\_famous.html](http://sandiego.citysearch.com/profile/external/463630/san_diego_ca/world_famous.html)

**location:**

711 Pacific Beach Drive  
San Diego CA 92109

**hours:**

7a-11p M-Su

### 4 World Famous

**DESCRIPTION:** The name of the restaurant tells it all, yet nothing at all. What is it world famous for, you might ask? Well, for many years locals have been mulling that over and have finally reached a decision. It can be world famous for anything you want it to be! In a nutshell, it is world famous for being the epitome of Southern California at its best. Serving American dishes and a selection of beers, this beach bar is a perfect spot for anyone who wishes to relax California style. © wcities.com



citysearch

**contact:**

tel: (760) 753-2400  
<http://www.vgbakery.com/>

**location:**

106 Aberdeen Drive  
Cardiff By Sea CA 92007

**hours:**

Mon-Sat 5am-9pm, Sunday  
5am- 7pm

### 5 V G Donuts & Bakery

**OUR LOCAL EXPERT SAYS:**

Come early if you don't want to miss some of your favorites!

**DESCRIPTION:** Long before Blake Lively made a pit stop at the VG Bakery while shooting the June 2010 Vogue cover in Cardiff by the Sea, VG Bakery was a Mecca for the famous. Who doesn't love a little indulgence every once in a while, and at Cardiff's most historic bakery that is just what you'll get. But it isn't the famous faces of Hollywood that you'll normally find - it is rather the famous glazed donut or three tied cake that really get the fans going. Voted Best Donut in San Diego by the San Diego Magazine readers poll, this North County staple has been serving their baked goods at special events and Sunday morning breakfasts since 1969. With a constant line out the door on weekend mornings, don't be surprised if your favorite



Photo courtesy of V G Donuts & Bakery

donut is sold out by 9am on Sunday. Surfers, locals and tourists flock to the creepy old sign pointing fans directly to the bakery that only knows how to serve sugar.  
© NileGuide

**contact:**

tel: 1 619 239 8176  
fax: 1 619 239 5856  
<http://www.hobnobhill.com/>

**location:**

2271 First Avenue  
San Diego CA 92110

**hours:**

7a-9p M-Su

**6 Hob Nob Hill**

**DESCRIPTION:** Famous for its no-nonsense, generous portions of traditional American home cooked food, this venue draws huge crowds daily. Locals are fiercely devoted to the diner. Meanwhile, visitors are pleased with their first tastes of the delicious homemade favorites offered here. The kitchen serves up down-to-earth food such as tasty Corn Beef Hash, Turkey Croquettes and more. Traditional breakfast entrees are particularly popular, with eggs, potatoes, waffles and pancakes offered in gigantic servings. © wcities.com

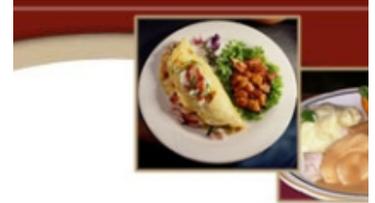


Photo courtesy of Hob Nob Hill

# San Diego Snapshot

## Local Info

Semi-tropical San Diego, with its mean temperature of 70 degrees, Mediterranean-like white-washed stucco buildings and strong cultural influences from southern neighbor Mexico, is as close to visiting a foreign country as visitors could get and yet, is as American as apple pie.

The heart of this bustling city lies at the foot of the harbor just minutes by car from Lindbergh Field, where most travelers disembark. Spanning from the North County beach areas to the South Bay cities along the Mexican border, San Diego is one of the top ten largest cities in the United States, and while all of these areas fall under the San Diego umbrella, each individual community maintains its own personality, geography and identity. In San Diego's case, the whole is truly greater than the sum of its parts.

## Downtown

Less than three miles from the airport is downtown proper. This thriving commercial area with its active waterfront is a bustling, colorful combination of major hotels, convention facilities, restaurants, nightclubs and shopping venues. Its focal point is Horton Plaza, an architectural masterpiece that holds trendy shops, lively restaurants, a movie theatre and even an ice rink during the holiday season. Horton is ideal for parking and within walking distance to any of the restaurants, shops or clubs just outside its walls.

Just east of Horton Plaza is the Gaslamp District, a 16-block source of civic pride. Once slated for destruction, this area has been reclaimed by the people of San Diego thanks to the 1970s Redevelopment Plan. Where once dilapidated warehouses and run-down Victorian houses stood, and where no one dared to enter after dark, the Gaslamp District has now become the pulse of the city. The area even includes Balboa Theater, a historic venue that until recently was closed for reconstruction and now opens its doors for local plays, ballets and more.

Due west of downtown is the Embarcadero, a fun daytime location where visitors can take in leisurely views of the bay, hop aboard a harbor cruise (including the infamous "booze cruise" of the Bay, better known as the Bahia Belle) and enjoy

seafood at its finest. For shopping, visit Seaport Village, a 14-acre shopping and dining complex designed to emulate early California-style architecture.

## Balboa Park

No visit to San Diego would be complete without a trip to Balboa Park. Home to the world-famous San Diego Zoo, the park is much more than a beautiful place to see exotic animals. Gardens and grounds in Balboa Park were established as a city park for the people in 1868. In preparation for hosting the Panama-California Exposition of 1915, a celebration of the opening of the Panama Canal, founding fathers, architects and master gardeners collaborated to create the fine Spanish Colonial Revival-style buildings and gardens that still grace the grounds today. Additional buildings were raised on the site in the early 1930s, this time incorporating the look and feel of the Mayan civilization and California's early indigenous peoples. Within the confines of the park, visitors can enjoy scores of museums and art galleries including the Museum of Man, San Diego Museum of Art, Timken Museum of Art and Spreckel's Organ Pavilion (for a dollar saving Balboa Park experience, visit the park on the first Tuesday of any month, where admission to the museums are free).

## Old Town

For a taste of what San Diego was like in its earliest years, take in the sights and sounds of this colorful settlement now preserved as a state historic park. Famous as the first European settlement in California, this area is also well known for its glorious year-round gardens, mouth-watering Mexican dishes, lilting Mariachi music and free-flowing margarita; though typically touristy, there are some true tortilla souls that can be found amongst all the trendy trinkets. Be sure to spend a little time browsing through Bazaar del Mundo, truly a marketplace of the world. While it might be typical to dine on Mexican cuisine inspired by the San Diego history, for an extravagant just a block from all the "fiesta" rush, Harney Sushi is a local favorite that flavors fish in unheard of ways.

Within easy walking distance from the center of Old Town is the Presidio, a must-see while in San Diego. This structure, now a historic landmark, is where Junipero

Serra established the first of the Spanish missions in California.

## La Jolla

A short drive up the coast takes visitors to La Jolla, "the jewel" in Spanish. Despite its dense population, the people of this affluent city have somehow managed to maintain its natural beauty. Cliffs along the main streets overlook the beaches and coves along the Pacific Ocean; tropical vegetation creeps and climbs across red-tiled roofs and verandas; and sunsets at La Jolla Shores are simply spectacular. Enjoy the village's serene center, where fish restaurants, chic boutiques and La Jolla locals are in abundance, like George's at the Cove- famous for their modern, American ambiance and cuisine- as well as Warwick's Books, ideal for every school/project need.

Beyond breathtaking oceanfront scenery, which can be enjoyed on bike, by walking or just by driving along La Jolla Boulevard, this seaside community is also home to the Birch Aquarium, which features the largest oceanographic display in the United States. Just up the hill from the town center, the Aquarium is located just across the street from the University of California, San Diego, whose 25,000 university students make up the majority of the area.

## North County

Travel a few miles further north along the coastal drive to reach Del Mar, a smaller beach community that supports itself with farmer's markets, surfers and restaurants. Famous for its racetrack founded by Bing Crosby and fellow Hollywood cronies during the 1940s, this seaside town offers as much to families as it does to racing aficionados. Beaches here are clean and family friendly; boutiques and open-air restaurants line the main street, giving it a Riviera-like quality. The city even boasts the new L'Auberge, which took over the Hollywood favorite resort Stratford Inn and remains a residence for socialites and affluent guests year round in Del Mar's average 70 degree temperature.

Moving inland, the city of Escondido is a quieter, more rural version of San Diego, replete with avocado and livestock ranches, vineyards and granite-strewn hillsides. The community hosts the San Diego Zoo's 2,200-acre Wild Animal Park, an extension of the city's world-famous zoo providing

## San Diego Snapshot continued

visitors a look at animals in the wild. Bates Nut Farm is another rare feature for the area, where visitors from around the county enjoy the biggest pumpkin patch as well as hundreds of vast acres open to the public to enjoy while snacking on delicious nuts.

Just north of this city, visitors can find the renowned Carlsbad Flower Fields and LEGOLAND California, great for those with young children in tow. Carlsbad's beaches also offers big time surfers some of the best waves in the area, where locals are always welcome.

### South Bay

Visitors would be remiss if they never traveled south from the city proper into the area referred to as the South Bay. The main city in this area is Chula Vista, home to one of San Diego's greatest music and entertainment venues, the Coors Amphitheatre. This entertainment complex provides state-of-the-art acoustics, VIP tables complete with cocktail table service, stadium seating and picnic seating on grassy knolls. Adjacent to the amphitheater, visitors (and especially their children) can cool off in the watery fun at Knott's Soak City U.S.A.

The most renaissance of the south bay cities has become North Park, a relatively untapped area that is now home to some of the area's most unique restaurants, live music venues, bars/ nightclubs and more. Just a shuffle inland and you'll find a hubbub of activity on 30th Avenue that houses local bars- like the Bar Pink Cocktail Lounge- and the hidden Italian adventure Alexander's on 30th.

While each district of San Diego has an original flair, the various sections blend seamlessly into a thriving, cosmopolitan city. From the North County beaches to the downtown shopping districts, San Diego's first-class attractions consistently please tourists and locals alike.

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### History

While today San Diego is recognized for its picturesque beaches, family friendly activities and historical landmarks, during 20,000 BC the area was home to some of the richest herds of Caribou, bison and more. Eventually the natives most commonly referred to as the San Dieguito

people began culturing the area just east of Rancho Santa Fe; descendants from the area moved to La Jolla (commonly referred to as La Jolla peoples) and established themselves around San Diego's modern day La Jolla Beach and Tennis Club. Named after the Catholic Saint Didacus, more often referred by his nickname San Diego, by Sebastian Vizcaino in 1602, the area was actually originally "San Miguel" by Spain's explorer Juan Rodriguez Cabrillo. With Cabrillo's death just a few months later, San Miguel (today's Point Loma) was no longer under Spain's flagship and Vizcaino took over.

The area, Point Loma and Mission Bay, had been inhabited by Kumeyaay Indians for 10,000 years. Plans to Christianize the area started immediately, as threats from "alta California" begin to loom. Father Junipero Serra – the infamous leader and founder of "El Camino Real" – began establishing the Mission San Diego de Alcalá, which marked the end of his famous California mission trail. The missionary crew got help by several European ships and two land groups, all of whom established camp in today's Old Town. The colonization was completed by 1797 when San Diego's Mission welcomed California's largest number of occupants. When Mexico won its independence from Spain, San Diego ("baja California") fell under the rule of the reigning country; the Presidio Hills welcomed some of the first residents to the area while California followed command under Mexico.

By 1825 San Diego is named the unofficial capital of both lower and upper California and just ten years later the first mayor was elected. That same year seaman Richard Henry Dana stepped onto San Diego's land following detailed accounts of his time at sea. The Mexican-American War ensues, finishing up in a bloody battle in today's Escondido. By 1850, just three years after California's brutal win against Mexico, San Diego is named one of 27 original California counties – spanning as far east as the Colorado River into modern-day's Imperial County and the cities San Bernardino and Riverside. The city's first mayor is elected that year, while Cabrillo Monument's iconic image is captured for the first time on paper.

San Diego, now with a little more than 700 in its city, establishes the Weekly Union, which in just a few short years will become the San Diego Union-Tribune following mergers of the Union and Evening Tribune. John D. Spreckels is the paper's sole owner, who manages the business until 1928. Prominent businessman Alonzo Horton begins building the first wharf in the area in 1869 and later goes on to become one of the wealthiest men in the area – owning several blocks in today's downtown San Diego, among other establishments.

Gold rush hits San Diego in 1870, where mines produce \$2 million in gold (though the industry only lasts for another six years). The city continues to grow in population, nearly doubling in size as the city directory is published and the San Diego Society of Natural History is established. Typical city institutions finally begin to fashion a growing commerce with the establishment of several organizations like the Russ School, which will eventually be taught by Kate Sessions. When the transcontinental railroad reaches San Diego in 1885 the area begins promoting one of its most feasible resources – itself (today tourism makes up one of San Diego's biggest money-makers). The first tourists come just as construction for the Hotel del Coronado begins, welcoming guests in 1886 following the peninsula's acquisition by Elisha S. Babcock and H.L. Story.

Sessions, who began establishing a nursery upon her arrival to San Diego, purchases 36 acres of "City Park" which before long becomes known as Balboa Park. Eventually buildings are constructed in Balboa Park as San Diego hosts the 1915 Panama-California Exposition, while a large Organ Pavilion donated by resident Spreckels is also added to the venue. San Diego's now world famous San Diego Zoo is created only after Dr. Harry Wegforth, who hoped to quarantine animals for the 1915 Expo, petitioned for a permanent park.

Today's San Diego State University opened up as the State Normal School in 1899 in Normal Heights as a two year training college. Just four years later the Scripps Institution of Oceanography is established by University of California Zoology Professor William E. Ritter and

## San Diego Snapshot continued

Ellen Browning Scripps. Not before too long the University of San Diego is founded in Linda Vista (1954), followed merely a decade later by the University of California, San Diego in La Jolla.

San Diego becomes a Mecca for entertainment, with the 1929 establishment of the Fox Theatre, a prominent movie house and current home to the San Diego Symphony (Copley Symphony Hall) along with Balboa Park's Fine Arts Gallery. These mark just one of many that improve San Diego's artistic endeavors, with Del Mar Fairgrounds construction through a Work Progress Authority project and the San Diego's Civic Center debut.

The San Diego Padres moved from minor-league to Major League in 1968, opening up their season at the new San Diego Stadium (which would eventually become Petco Park). Sports become more prominent in the area beyond baseball with Escondido's Olympic training venue opening and the Super Bowl held in Qualcomm Stadium.

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## Nightlife Insights

### Art

Nightclubs

### Theater

### Film

### Music

### Sports

©

## Travel Tips

### Getting There

#### Air

San Diego International Airport (SAN) +1 619 400 2400 <http://www.san.org>

SAN is located three miles from downtown and services the following airlines:

Aero Mexico (+1 800 237 6639/ <http://www.aeromexico.com>) Alaska Airlines (+1 800 426 0333/ <http://www.alaskaair.com>) Aloha Airlines (+1 800 367 5250/ <http://www.alohaairlines.com>) American Airlines (+1 800 433 7300/ <http://www.aa.com>) Continental (+1 800 525 0280/ <http://www.continental.com>) Delta (+1 800 221 1212/ <http://www.delta.com>) Hawaiian Airlines (+1 800 367 5320/ <http://www.hawaiianair.com>) Jet Blue (+1 800 538 2583/ <http://www.jetblue.com>) Northwest (+1 800 225 2525/ <http://www.nwa.com>) Southwest (+1 800 434 9792/ <http://www.southwest.com>) United (+1 800 241 6522/ <http://www.ual.com>) US Airways (+1 800 428 4322/ <http://www.usairways.com>)

### From the Airport

**Bus:** There is public transportation to and from the airport via bus on Flyer Route no. 992.

**Shuttle:** There are also a number of taxis and shuttle services that offer airport transit including:

Airport Shuttle (+1 619 234 4403)  
Yellow Cab (+1 619 234 6161/ <http://www.driveu.com>)  
San Diego Cab (+1 619 226 8294)

**Car Rental:** Alamo (+1 800 327 9633/ <http://www.alamo.com>) Avis (+1 800 831 2847/ <http://www.avis.com>) Enterprise (+1 800 736 8227/ [http://www.enterprise.com/car\\_rental/home.do](http://www.enterprise.com/car_rental/home.do)) Flexcar (+1 619 262 3539/ <http://www.flexcar.com/undergrad>) Budget (+1 800 527 0700/ <http://www.budget.com>) Hertz (+1 800 654 3131/ <http://www.hertz.com>) Thrifty (+1 800 367 2277/ <http://www.thrifty.com>)

### Car Share

Another attractive ground transportation option is Flexcar, which operates in certain U.S. cities. This new breed of rental car allows you to rent on an hourly basis rather than a daily basis. Be sure to register online before your trip. Flexcar (+1 877 353 9227/ <http://www.flexcar.com>)

### Train

Amtrak (+1 800 872 7245/ <http://www.amtrak.com>) offers frequent services to San Diego.

### Bus

San Diego is serviced by Greyhound (+1 800 231 2222/ <http://www.greyhound.com>) bus lines which provide transportation to destinations throughout America.

### Car

San Diego is accessible by I-5, I-15, and US 15.

### Getting Around

#### Public Transit

The Metropolitan Transit System (MTS, 1+ 619 238 0100/ <http://www.sdcommute.com>) offers a comprehensive system of buses, trolleys, light rail trains, and commuter trains to destinations throughout San Diego.

N.B. If traveling overseas, take the safety precaution of registering your trip at <https://travelregistration.state.gov> and for helpful, practical advice about traveling technicalities and safety standards check out <http://travel.state.gov/>

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## Fun Facts

**San Diego State:** California **Country:** United States

### San Diego by the Numbers:

Population: 1.25 million  
Average Winter Temperature: 60 degrees F/15.5 degrees C  
Average Summer Temperature: 71 degrees F/22 degrees C

### Quick Facts:

Electricity: 110 volts, 60Hz, standard two pin plugs  
Time Zone: GMT-8  
Country Dialing Code: 1  
Area Codes: 619, 760, 858

### Did You Know?

From San Diego, you can walk across the border to Mexico!

Ever heard of a Zambian Sable Antelope? Well, the world-famous San Diego Zoo has one!

### Orientation:

San Diego is located 120 miles south of Los Angeles and 20 miles north of Tijuana, Mexico.

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