



FINDING THE BEST LUNCH SPOTS



Fig Tree Cafe Black Bean Burger (courtesy photo)

Although many working professionals may skip lunch in attempt to pack in more work throughout the day, studies have shown that leaving your desk is more beneficial to your productivity. Taking a walk, running errands or socializing with coworkers over lunch are just some ideas to get you out of the office. Luckily San Diego has some excellent lunch spots! We've rounded up some of the best whether you're searching for a place to sit down for a mid-day meeting or looking for somewhere you can order, dine and be on your way in under 30 minutes.



The Haven Lunch Special: Pepperoni + House Salad (courtesy photo)

Just a quick drive from Mission Valley, [The Haven](#) is a quaint pizza shop which can be found on Adams Avenue. Enjoy the sun on the outdoor patio or opt for a table indoors where, on a nice day, the garage-style windows are open to let fresh air and sunlight into the space. The Haven offers lunch-goers a daily special that consists of a 9-inch one topping pizza and house salad for \$10. What a deal! Choose from toppings like pepperoni, sun dried tomatoes or even potatoes; the possibilities are endless. The Haven also gives you the option to upgrade your salad to a wedge, Caesar or Antipasto for an additional cost. Great service and excellent food make truly make this a great San Diego lunch spot.

With locations in Pacific Beach, Liberty Station and Hillcrest, [Fig Tree Cafe](#) is a great spot to grab lunch with friends or coworkers. The menu boasts many healthy options like salads, sandwiches or the **House Made Black Bean Burger**, served with mixed greens, tomatoes, avocado and spicy balsamic aioli on a whole wheat bun. The commitment to selecting produce and eggs from a local farm, along with utilizing homegrown rosemary, you know you're getting the freshest ingredients no matter what dish you order.

Let's taco! [The Taco Stand](#), which can be found downtown, in La Jolla and its newest location in North Park, serves up authentic-style tacos and burritos. What makes Taco Stand a favorite lunch spot, besides the delicious food, is the quickness of the service. If you're limited to a 30-minute lunch, no problem. What will take the longest is having to decide between all the tasty menu

items. You can't go wrong with the **Carne Asada** or the **Al Pastor**, made with rotisserie marinated pork, cilantro, onions and pineapple. If it's crunch time at work and you find yourself having to skip taking a lunch break, you can even place your order online!

Get out of the office and enjoy the freshest fish east of the Pacific Ocean at [Pacific Beach Fish Shop](#) or [Encinitas Fish Shop](#). [Point Loma Fish Shop](#) also just recently opened, serving all the same delicious fish dishes. Build your own meal or order from local favorites like **Fish 'N Chips**. Grilled or fried Alaskan Cod comes prepared with fries, along with cocktail and tartar sauce for dipping. Patio seating at all locations will give you the fresh air you need to power through the rest of the day. You can even sip on one of the many local craft brews offered at Fish Shop. It might be tough to make it back into work after such a relaxing lunch break.

East County lunch-lovers can enjoy fresh local flavors and unique recipes at [Farmer's Table](#), where "honest food is done right." As you walk through the doors, you can't help but notice the stylish vintage décor, like custom chandeliers and a 1940's tractor, that play into the overall theme of the eatery. Served until 3:00 p.m., Farmer's Table lunch menu includes pizzas and flatbreads made from a wood-fired oven, sandwiches and salads. If you're in search of a lunch on the lighter side, try the **Baby Kale Salad**. Oranges, blueberries, candied walnuts and pomegranate seeds lay atop a bed of greens, drizzled in a citrus vinaigrette. Protein options like chicken, shrimp or steak can even be included for an additional cost.