



## 15 Healthy Breakfast Spots to Start Your Day in San Diego



Can we even be mad when our alarm rings in the morning? Between endless hikes, dozens of fitness studios, and perfect surf on the daily, we wake up excited to get the day started in San Diego.

But, before we adventure, first things first: a healthy meal to fuel us up.

We understand that the breakfast options in San Diego are overwhelming, so we've narrowed the search. Here you have it: a guide to the healthiest breakfast spots in San Diego that get your day started on the right foot.

### **The Naked Cafe**

The Naked Cafe wants you to look good naked — with meals made of entirely “naked” (aka natural) ingredients. Start your day with Good Karma, an egg white scramble with brown rice, broccoli, zucchini, and salsa fresca, or plan for positivity with the Plate of Prosperity, an egg white scramble with spinach, soy sausage, feta, green onion, tomatoes, quinoa, zucchini and salsa. And with four locations in San Diego County from Carlsbad to Point Loma, you can get your Naked Cafe fix across the county.

### **Lazy Hummingbird**

Would this even be a San Diego list without an acai bowl? We didn't think so. Let your taste buds take flight with Lazy Hummingbird's famous DIY acai bowls. Ocean Beach's Lazy Hummingbird preps the pure acai base, and you pick the toppings from a list, including bee pollen, maca, and hemp seeds. Still need a pick me up? Sip on their turmeric latte for an energy boost.

### **Flower Child**

Del Mar's Flower Child is the epitome of San Diego's wellness scene: yoga mat parking, Insta-worthy murals, and a menu with some of our favorite avocado toast. Did we mention the fresh squeezed juices or Liquid Sunshine — coconut water, carrot, orange, ginger, and turmeric? We'll see you there.

### **Goodonya Organic**

Leave Goodonya feeling good. The Encinitas and Kearny Mesa cafe serves all organic and local ingredients, with dozens of egg scrambles to satisfy you, all while being extra-sustainable. Need a bigger boost? The cafe offers kombucha on tap or your favorite Bulletproof coffee.

### **SMARTS Cafe**

Get smart and #eatlocal at SMARTS Cafe, a quiet getaway amidst the hustle and bustle of downtown SD that sources its ingredients from a community garden just a block away! SMARTS Cafe stays on top of downtown's trendiness, offering eats like Zoats, oatmeal with locally-grown zucchini. Trust us — this trend is good.

### **Sambazon Cardiff**

Sambazon takes credit for creating San Diego's obsession with acai bowls; the company is the real OG behind the Amazonian berry. This Cardiff cafe serves up dozens of acai variations, but our favorite? Acai oatmeal. Yes, you read that right. We'll see you there.

### **Little Lion Cafe**

When it comes to healthy eats, Little Lion Cafe is king of the cafes. From breakfast porridge to chia pudding to brunch bruschetta to a mermaid bowl (with hidden superfood spirulina), this Sunset Cliffs spot makes healthy options feel indulgent.

### **Parakeet Cafe**

Birds of a feather flock together... well, at least friends who want a healthy breakfast bite do at La Jolla's Parakeet Cafe. The entirely organic menu serves up fan favorites like avocado toast, overnight oats, and green scrambles. But they may be best-known for their tribute to toast, with variations like almond butter toast, avocado toast, coconut toast, and hummus toast. Still need a pick-me-up? The cafe features an extensive coffee menu.

### **Café Gratitude**

Your first glance at Café Gratitude's menu may be confusing — all of the menu items are named after different qualities. While you may feel silly ordering "I Am Nurtured," you won't feel silly at all chowing down on the entirely vegan menu. Our morning favorites? Fiero, a chickpea frittata, breakfast potatoes, pinto beans, avocado, salsa, cashew sour cream, and escabeche, and Powerful — puffed quinoa and macambo granola, goldenberries, fresh fruit, and coconut yogurt.

### **Local Krave**

Local Krave will satisfy any krave-ing for a healthy bowl of yogurt before your yoga sesh. The Point Loma hole-in-the-wall cafe's signature greek yogurt bowl comes loaded with bananas, blueberries, honey, homemade ginger, cinnamon, and nutmeg granola. Top it off with their Kraveman Coffee, a local take on metabolism-boosting Bulletproof coffee.

### **Trilogy Sanctuary**

Chow down on vegan eats with a view. This vegan rooftop cafe overlooks downtown La Jolla... and aerial yoga classes. The menu features your favorite juices and acai bowls, but offers up

some guilt-free takes on breakfast fan-favorites like pancakes, chilaquiles, and crepes. Perfect post-yoga provisions.

### **Healthy Creations**

Go gluten-free at this Encinitas joint, which serves only organic and GF meals. Our favorite? The Buddha Bowl, loaded with veggies and black beans. Feeling sweet? The Berries and Cream Topped Paleo Waffle is drool-worthy. Fitt Tip: Healthy Creations offers grab 'n' go options for your breakfast needs all week long.

### **Lean & Green**

Live lean, green, and not so mean at this hidden gem in San Diego. The juices and smoothies are good, but the egg breakfast bowls are really where this cafe hits its stride. With options like the Fit Bowl (egg whites, broccoli, alfalfa, cheddar, and avocado) and the Protein Bowl (brown eggs, turkey, feta, and salsa), you'll leave feeling fit, lean, and ready to take on the day.

### **Lotus Cafe & Juice Bar**

Lotus Cafe & Juice Bar makes it easy for those of us with food restrictions to get a healthy bite. Menu items are labeled as Vegan, Vegan Option, Honey-Vegan, Honey-Vegan Option, Gluten-Free, and Gluten-Free Option. Win. Our favorite breakfast bites at this Encinitas stop? The Vegan Tofu Scramble, Buckwheat Pancakes, and always there for us... the Acai Bowl.

### **The Mad Beet**

You can't beet the healthy, on-the-go options at Pacific Beach's The Mad Beet. The extensive menu (which literally fills an entire wall) features energy and protein smoothies, acai and pitaya bowls, juices, and wraps — all named after your favorite musical artists (our berry favorite is the Beyoncai). Fitt tip: sip and sing with The Mad Beet's essential oil shots.