

Photo by - Bhadri Kubendran

BROUGHT TO YOU BY

**MONKEY SHOULDER**  
NOT THE ORIGINAL, WE'RE MORE ORIGINAL THAN THAT.

# WHAT NEW YEAR'S RESOLUTION?

Prepare for Your  
Stomachs to Grow!  
After Reading This  
Ultimate Foodie  
Guide



**BBQ BELLY BURGER**  
WESTROOT Tavern

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**FOODIES REJOICE!**  
WE ARE SERVING UP THE FATTIEST DIET-BREAKING MEALS IN SD

Ring in the New Year with the most delectable, decadent, and diet-breaking dishes San Diego has to offer. We have rounded up fatty breakfasts, stuffed sandwiches, loaded burgers, and crazy sweet desserts that will not only make your mouths water, but will also crush those New Year's resolutions that you jotted down on Dec. 31. Who are we kidding, we knew those weren't going to last long anyway! Plus, keep an eye out for money-saving tips. **Turn the page and dig in.**

WESTROOT Taverns 6025 Village Way, San Diego, CA 92130 | 858.720.6645 | www.westroot.com

# PERFECT PATTIES

THESE BURGERS ARE LOADED UP AND READY TO BE SERVED

WRITTEN BY: EMILY TORRES



Tip #3

→ When budgeting, separate your wants from your needs. Decide how many times a week you should be eating out.

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## PASTRAMI BURGER

AWARD: O.M. Beefiest

Green Dragon Tavern  
& Museum

6115 Paseo del Norte  
Carlsbad, CA 92011  
760.918.2421  
www.greendragon-tavern.com



ON A SCALE OF ONE TO FAT

### WOCO MOCO

Brunch at its finest: a grilled hamburger patty, kale and garlic fried rice, two sunny-side up eggs and homemade beef gravy. [Wonderland Ocean Pub](http://wonderlandoceanpub.com)  
[wonderlandoceanpub.com](http://wonderlandoceanpub.com)

### STEAMED BUNS

Street buns are the new street tacos. These steamed buns are filled with everything from camitas to karaage (Japanese fried chicken) to Chinese BBQ pork to Korean marinated beef. [Bao Beach](http://baobeacheats.com)  
[baobeacheats.com](http://baobeacheats.com)

### LOADED FRIES

Think French fries couldn't get any better? Pure Burger tops their Loaded Fries with cheese, house spread, jalapeños and grilled onions. [Pure Burger](http://pure-burger.com)  
[pure-burger.com](http://pure-burger.com)

### LOADED NACHOS

With your choice of chicken or carne asada, these nachos come topped with melted cheddar, nacho cheese, black beans, fresh pico de gallo, sour cream, creamy avocado sauce and jalapeños. Muy bien! [El Praz](http://el-praz.com)  
[thewoodgroup.com/services/el-praz](http://thewoodgroup.com/services/el-praz)

### CURRY TOTS

Spice up your life. These tots are topped with a house curry spice and mornay sauce. [Uptown Tavern](http://uptown-tavern.com)  
[uptowntownmad.com](http://uptowntownmad.com)



Photos: Green Dragon Tavern & Museum, Cold Beers & Cheeseburgers, WESTROOT Tavern & The Local Eatery & Drinking Hole, Beach Blvd. Kitchen, Kambria Pubs, Rakiraki Ramen & Tsukemen, Sandbar Sports Grill, Hodad's, Flying Pig Pub & Kitchen, Westroot Tavern & The Local Eatery & Drinking Hole, Beach Blvd. Kitchen, Kambria Pubs, Rakiraki Ramen & Tsukemen



**BACON PB&J**

**AWARD:** Most Creative

**Cold Beers & Cheeseburgers**  
322 5th Ave  
San Diego, CA 92101  
619.546.9292  
www.coldbeers.com



**GUIDO BURGER**

**AWARD:** Meatiest

**Hodad's**  
5010 Newport Ave  
Oceanside, CA 92107  
619.224.4623  
www.hodads.com



**TKO BURGER**

**AWARD:** Best Bun

**Sandbar Sports Grill**  
718 Ventura Place  
Mission Beach, CA 92109  
858.488.1274  
www.sandbarsportgrill.com



**Tip #4**

→ Alcohol can add to the dinner bill quite a bit, so consider other options and have a drink at home after the meal.



**Tip #5**

→ Everyone should reevaluate their budget and their budget process from time to time. You are on track if you are paying down your debts, saving some money and still enjoying life. If not, make some adjustments.



**Tip #6**

→ Some people track credit card rewards and redeem them regularly. You may have earned enough rewards to offset a special evening out.



**Tip #7**

→ Fill an envelope with cash labeled "eating out" each month so that you don't accidentally go over your budget.



**BBQ BELLY BURGER**

**AWARD:** Sauciest

**WESTROOT Tavern**  
6025 Village Way  
San Diego, CA 92130  
858.720.6645  
www.westroot.com



**HALF POUND PORK BURGER**

**AWARD:** Juiciest

**Flying Pig Pub & Kitchen**  
626 S Tremont St  
Oceanside, CA 92054  
760.453.2940  
www.flyingpig.pub



**BEEF & UNDER BELLY  
CA RAMEN BURGER**

**AWARD:** Best Mashup

**Rakiraki Ramen & Tsukemen**  
2254 India St  
San Diego, CA 92101  
619.240.8511  
www.rakirakiramen.com



## STRAIGHT FIRE

Q&A WITH HEAD CHEF RICO MARTINEZ, THE LOCAL EATERY & DRINKING HOLE

**Q: What are your recommendations at The Local?**  
**RM:** We have several must-try dishes: lobster tacos, carnitas fries, slow smoked brisket poutine fries, and our fresh catch of the day! Another favorite is our homemade Albondigas, which is served on Wednesdays only.

**Q: What makes these dishes unique?**  
**RM:** We don't have a theme for our menu. We believe there are no rules when it comes to eating! We get creative in the kitchen and cook with love. We eat a lot, so we appreciate variety!

**Q: Where do you source your inspiration?**  
**RM:** Travel. I am inspired by dishes all over the globe.

**Q: Your Fire Birdie Burger is featured this month. What makes it unique?**  
**RM:** We ground brined chicken thighs and add roasted poblanos and more. The patty is juicy and our fried jalapeños deliver the perfect spicy finish.

**Q: How has this burger evolved? Where did inspiration come from?**  
**RM:** Honestly, I just got tired of seeing and eating the standard grilled chicken breast burgers out there!



The Local Eatery & Drinking Hole  
1065 Fourth Ave, San Diego, CA 92101  
619.231.4447 | www.thelocalsandiego.com



## BARKS & BURGERS

→ Dine out with your furry friend on Lazy Dog's pup-friendly patio. Munch on the Baja California Burger (guacamole, jack cheese, hatch chilies, jalapeño-lime aioli) or the Black & Bleu Burger (Cajun spiced patty, bleu cheese, bleu cheese dressing), while your pet feasts on his own grilled hamburger patty and brown rice for just \$5! Water bowls are complimentary.

Lazy Dog Restaurant & Bar  
www.lazydogrestaurants.com