

NATIVE KNOWLEDGE

By Locals for Locals // Where to be Monday-Sunday



Toni Robin
Owner, TR/PR Public Relations

MONDAY: I work from home, and some of the best advice I received was to get up and out on Monday mornings to feel in-step with the rest of the world. That means, early class at Club Pilates (what a deal!), coffee at 976 Café, and then, back to tackle the world of arts marketing.

www.clubpilatesstudio.com | www.cafe976.com

TUESDAY: Living and working at the beach means an early bike ride on the boardwalk and coffee at Woody's Breakfast and Burgers right on the ocean for great people watching. Evening is sunset at Law Street, and then hit the Fish Shop later for freshest fish tacos in town. Weekdays are also for beach locals at Patio on Lamont.

www.facebook.com/WoodysBreakfastBurgers
www.thepatioonlamont.com

WEDNESDAY: Mid-week is great for early theatre as many of my favorite spots have a 7pm or 7:30pm curtain. A show at Cygnet Theatre, Moxie or The Old Globe makes hump day bearable.

www.cygnettheatre.com | www.moxietheatre.com
www.theoldglobe.org

THURSDAY: Meetings downtown at The New Children's Museum mean I can sneak in some time at the New Central Library. Still haven't discovered all the amazing public art and secret places to read and relax.

www.thinkplaycreate.com
www.sandiego.gov/public-library

FRIDAY: If it's the first Friday of the month, my gang of arts warriors and I head to NTC in Point Loma for Friday Night Liberty. After our fill of the free gallery walk and perhaps a free performance by San Diego Dance Theater or Malashock Dance, we head to Solare Ristorante. Don't forget to ask them about their private label tequila.

www.solarelounge.com | www.malashockdance.org
www.ntclibertystation.com

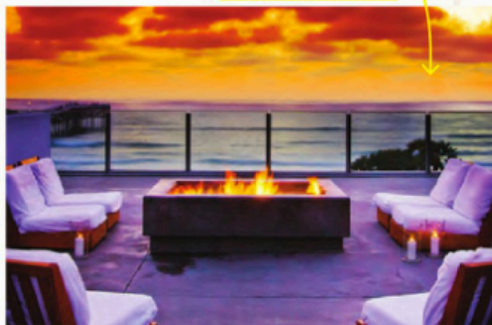
SATURDAY: Saturday includes a hike out to Cabrillo National Monument. The coast trail has the best view of downtown and Coronado that you will ever see. Lunch at Mitch's Seafood (hidden in the shadows of Point Loma Seafood); then, back to NTC for some serious design shopping for my new condo at SCOUT at Quarters D.

www.nps.gov/cabr | www.mitchsseafood.com
www.scout-home.com

SUNDAY: I grab my New York Times, hop on the bike and head north to the La Jolla Farmers Market followed by quality beach time in North PB.

A perfect week ends with a sunset cocktail at Tower 23.

www.lajollamarket.com | www.t23hotel.com



Krissy Heinz & Lisa Ovadia
Capricorn Boutique

MONDAY: We start off our week with one of Bird Rock Coffee Roasters' organic fair trade certified coffees or tea. Not only do they roast their own beans, but also the owner sources direct from the farmer at origin. Since our store is across the street, we often see a lot of our local regular customers gathered here, so it's also a great opportunity to let them know all the amazing shipments we're expecting for the week.

www.birdrockcoffee.com

TUESDAY: One of us is usually at the store all day, while the other is taking care of social media or errands. We meet up at Windansea to watch the sunset and drink Bon Affair spritzers. Then, it's off to The Fishery on Cass St. in Pacific Beach for their Tuesday Tasting. In addition to their daily menu favorites, Chef Paul Arias puts together tastings based on the fresh catch of the day. The vibe is casual and laidback sophisticated.

www.thefishery.com

WEDNESDAY: We can always count on The Bar Method, Solana Beach to serve up our mid-week workout. After we get our sweat on, we head over to Leucadia for homemade udon noodles at *Yu Me Ya (The Sake House)*. This is by far one of North County's best known culinary secrets. Their udon noodle recipe has been in the family for years, and originates in the region of Japan most famous for udon. We always do the sake tasting, too.

www.solanabeach.barmethod.com
www.sakehouseyumeya.com

THURSDAY: Thursday nights are all about Manhattan of La Jolla. It's located inside the Empress Hotel in La Jolla village and will transport you directly to New York with its dark and moody ambiance. Beige has been bartending as long as we can remember, and she serves up a mean martini. Thursday-Saturday nights offer live jazz in the lounge, so after polishing off our Penne Alla Bolognese, sink in with a glass of red wine and enjoy the music at this little gem.

www.manhattanofajolla.com

FRIDAY: After all that Bolognese, we are craving a freshly-pressed, organic juice from Farm 2 Fork. We are partial to the Radiance and the Brilliance, but they all deliver. Bring back your clean glass bottle for a dollar off your next juice. Later, we'll take a trip downtown to Cafe Chloe. Order the pommes frites with the trio dip, and the prosciutto, roasted grape, and pecorino flatbread. The Parisienne charm never gets old.

www.farm-2-fork-produce.com | www.cafechloe.com

SATURDAY: We love to go down to Beaumont's after we close up the store to hang with some of our local customers and let loose a little. On the weekends, Beaumont's turns their dining room into a dance floor, where they feature different local bands, like Jones Revival—they cover songs from The Rolling Stones and Janis Joplin.

www.beaumontseatory.com

SUNDAY: We look forward to the La Jolla Open Air Market every Sunday. One of the biggest farmer's markets around, it's located in the upper playground at La Jolla Elementary and stocks local certified farm-fresh produce, offers live music and has an impressive array of creative artisans. Hit up the food court before leaving, it's one of the best we've ever seen!

www.lajollamarket.com