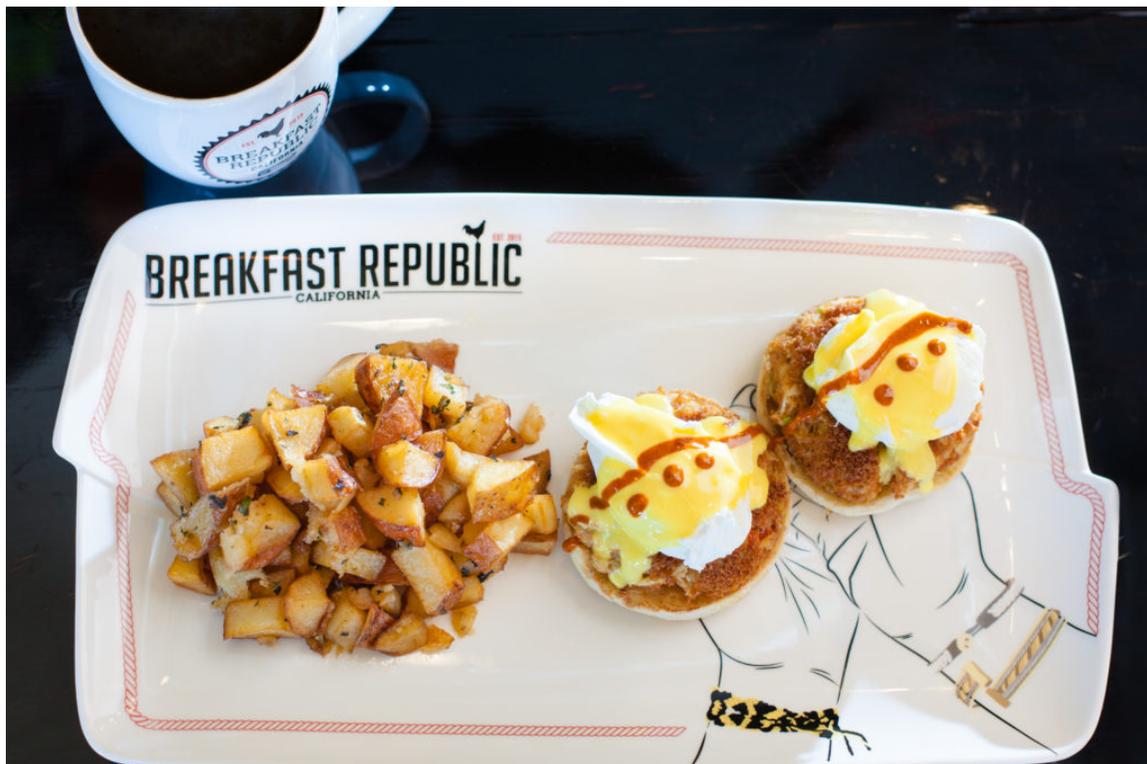




## SEAFOOD BREAKFAST TRENDING NOW



Seafood for breakfast has begun popping up as a new trend for health fanatics and fish lovers alike. Whether you're looking to dine on the lighter side or simply indulge in traditional SoCal fare to start the day, San Diego offers a variety of restaurants suited to fit your seafood breakfast and brunch needs.

[Breakfast Republic](#) has several options for those looking to dabble in early-morning sea fare. Try their **House Made Crab Cake**, recommended with avocado and tomato for a rich and fulfilling morning bite. If you can't go without your eggs, they also offer a **Shrimp & Ricotta Frittata** made with asparagus, red bell pepper, shrimp, bacon, parsley, and ricotta cheese.

[Fig Tree Café](#) offers gourmet breakfast options that could please even the most refined palates. The **Smoked Salmon Omelet**, crafted with mozzarella cheese, asparagus and

lemon caper crème that provides a delicate yet flavorful option. Their House **Made Lobster & Blue Crab Cakes “Bennie,”** recommended with sliced avocado and tomato, is a slightly richer option fit for any lobster connoisseur.

[Brian’s 24](#) located in downtown San Diego is your destination if you’re looking for a more traditional “Eggs Benedict” experience with a touch of the sea. Their **Krab Cake Benedict** is served with golden brown crab cakes and two poached eggs on a split English muffin, topped with their very own creamy hollandaise sauce.

[Union Kitchen & Tap](#) offers a heartier take on the seafood for breakfast theme. The lightness of shrimp is combined perfectly with rich flavors in their **Shrimp and Grits**, created with shrimp, andouille sausage, roasted tomato, and Anson Mills cheese grits. Looking for something on the smokey side? Try the **House Smoked Salmon Eggs Benedict**, served with a creamy hollandaise sauce and a side of breakfast potatoes.

[Duck Dive](#) located in Pacific Beach offers a multitude of breakfast and brunch options from the deep sea. Get traditional with **Fish n Chips**, made with beer battered Mahi Mahi Speers, fries, and cabbage and pickled veggies, served with cocktail and tartar sauce. For a more health-friendly option, the **Ahi Poke** with yellow fin tuna, olive oil, jalapeño, avocado, and chili sauce served with crispy wonton chips is the epitome of flavorful. They also offer a **Seafood Ceviche Toastada** and **Baja Calamari** for dipping and sharing.