



WORLD EGG DAY



From breakfast and brunch menu items to salads, it only seems right to honor the wonderful culinary contributions of eggs with World Egg Day, which falls on October 13th. We rounded up some of the tastiest meals in San Diego and are egg-static to share them with you!

After a morning of catching waves in Pacific Beach, cruise on in to [The Duck Dive](#) to enjoy breakfast eggs done the right way. Located on Mission Boulevard, only a few steps from the sand, The Duck Dive's coastal cuisine and creative cocktails can't be beat. The **ABC Omelet**, found on their phenomenal breakfast & brunch menu, consists of avocado, bacon and cheddar cheese, and is served with both house potatoes and garlic toast. This meal is egg-actly what you need to refuel and get back out on that surfboard.

[The Rail](#), Hillcrest's iconic nightspot and go-to for delicious bar bites, launched a brand-new brunch menu available on weekends and it is beyond delicious. You've got to experience it yourself to know what we mean when we say you won't find brunch bites like this anywhere in the area. For a filling and hearty way to celebrate World Egg Day, order the **Breakfast Flatbread**. Scrambled eggs, bacon, pork sausage, cheddar cheese, avocado and red onion are all baked on fresh focaccia bread.

If you're in the downtown area on October 13th, enjoy lunch at [barleymash](#) and get your egg fix with the refreshingly filling **Wedgie Cobb** salad. Baby iceberg lettuce, smoked ham, diced tomatoes, blue cheese crumbles, hard cooked egg, pickled onions all drizzled in basil blue cheese dressing combine to create a flavorful salad you just can't egg-nore. Barleymash also has over 25 beers on tap to help you get through the rest of your Friday afternoon. Try the barleymash blonde, which is light and refreshing, keeping you going throughout the day.

With locations in Pacific Beach, Liberty Station and Hillcrest, [Fig Tree Café](#) has an extensive menu chalked full of egg-ceptional choices. The **Breakfast Sushi** is a fun and unique plate of three bacon rolls, made with rice, scrambled eggs, scallions and plum sauce. We're willing to bet you've never had an egg and sushi combination before, and this breakfast or lunch meal will leave you feeling happy you gave it a try!

[Farmer's Table](#) is La Mesa's neighborhood eatery, bringing locally sourced organic ingredients together to be enjoyed in a warm and inviting atmosphere. Open for breakfast, lunch and dinner, locals and visitors alike can dine at Farmer's Table any time of the day. Served seven days a week, a breakfast favorite is the **Huevos Rancheros** with queso fresco, homemade ranchero salsa and Spanish rice. You can choose between house potatoes or organic black beans to give your breakfast an egg-stra something special.

If you reside anywhere in San Diego county, chances are you're not too far from a [Breakfast Republic](#)! With locations in North Park, Liberty Station, Encinitas, East Village, Ocean Beach and a brand-new spot in Carmel Valley, this breakfast joint is all about non-traditional ways to celebrate National Egg Day. Take for example, the **Breakfast Bacon Mac 'n Cheese**. This yummy bowl consists of macaroni, jack and cheddar cheese sauce, bacon, chives and parmesan bread crumbs topped with three any-style eggs. No-yolk, you can even upgrade by swapping out your bacon for Breakfast Republic's infamous Jurassic pork.