

The San Diego Union-Tribune

The Dish

Salad takes center stage in May at local restaurants for National Salad Month



What's happening

May is **National Salad Month**. Stop by one of these local restaurants for a main dish of the leafy green.

- **Woodstock's Pizza's** Tree Hugger is a mix of organic spinach, feta cheese, caramelized pecans, dried cranberries and organic balsamic vinaigrette. 6145 El Cajon Blvd., San Diego and 1221 Garnet Ave., [Pacific Beach](#). [woodstockssd.com](#)
- **Fishmonger's Market's** Baccala salad is piled high with fresh Atlantic salt cod, purple potatoes, garbanzo beans, red onion and a drizzle of olive oil and lemon. 1735 Hancock St., San Diego. (619) 756-7345. [fishmongersmarkets.com](#)
- **Farmer's Table** popular baby kale salad comes complete with fresh oranges, pomegranate seeds, blueberries, candied walnuts and a citrus vinaigrette. 8141 [La Mesa Blvd.](#), La Mesa. (619) 724-6465. [farmerstablelamesa.com](#)
- **Jalisco Cantina's** elote salad is brimming with corn off the cob, romaine lettuce, pico de gallo, Cotija cheese, chile, cayenne, fresh lime, tortilla strips, red jalapeno, cilantro and a light vinaigrette. 213 N. Coast Highway, Oceanside. (760) 429-1679. [thejaliscocantina.com](#)
- **The Haven** offers the caprese salad with sliced cherry tomatoes, fresh mozzarella, shredded basil and a drizzle of olive oil and balsamic reduction. 4051 Adams Ave., San Diego. (619) 281-1904. [thehavenpizzeria.com](#)
- **Union Kitchen & Tap** [Encinitas](#)' UNION Wedge is loaded with shaft blue cheese dressing, cherry tomato, bacon lardons, pickled cipollini onions and crumbled blue cheese. Grilled chicken, blackened salmon, shrimp or grilled prime sirloin are optional. 1108 S. Coast Highway 101, Encinitas. (760) 230-2337. [localunion101.com](#)

The Duck Dive will host a fundraiser for Promises2Kids' Foodies 4 Foster Kids initiative through May, which is National Foster Care Month. The Pacific Beach restaurant will donate \$1 from the purchase of the following items: the Verdita Margarita, made with Los Altos Plata Tequila, house-made verdita (spicy/sweet blend of jalapeno, cilantro, pineapple and mint) and agave; Bills' Famous Bacon-Wrapped Meatloaf topped with a smoked tomato jus and friend onion strings, served on a bed of mashed potatoes; and Stella Artois draft beer. 4650 Mission Blvd, Pacific Beach. (858) 273-3825. theduckdive.com

New menus

Spill the Beans in the Gaslamp Quarter has added breakfast chia bowls to its menu. For \$6, you can start your day with the Berry Bowl, made with fresh seasonal berries and coconut milk yogurt, or with the Protein Bowl, with bananas, house-made almond butter and organic agave. Each bowl is topped with chia, flax, sesame and sunflower seeds. 565 Market St., San Diego. (619) 233-3836. spillthebeanssd.com