

FIFTH ANNUAL SUSTAINABLE CITY YEAR CONFERENCE

March 13-16, 2016
San Diego State University &
The Prado at Balboa Park
San Diego, CA

sage.sdsu.edu

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 SDSU Sage Project



FIFTH ANNUAL SUSTAINABLE CITY YEAR CONFERENCE

March 13-16, 2016

San Diego State University &
The Prado at Balboa Park
San Diego, CA

*The 5th Annual Sustainable City Year Conference
is sponsored by*



Institute for Meetings & Events



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SCHEDULE OVERVIEW AND TRACKS | 2016 Sustainable City Year Conference

SUNDAY | MARCH 13

LOCATION: SAN DIEGO STATE UNIVERSITY

4:15 -
4:45 PM

Tour of LEED Platinum Certified Conrad Prebys Aztec Student Union

5:00 -
7:00 PM

Registration and Welcome Receptions (Refreshments Provided)

7:00 PM

Dinner on own

MONDAY | MARCH 14

LOCATION: THE PRADO AT BALBOA PARK

	<i>Established Program Track</i>	<i>New Program and Local Government Track</i>
8:00 - 9:00 AM		Registration, Breakfast, and Welcome
9:00 - 10:45 AM	Established SCY Program Roundtable, Part 1	How to Run an SCY Program, Part 1
10:45 - 11:00 AM		Morning Break
11:00 AM - 12:15 PM	Established SCY Program Roundtable, Part 2	How to Run an SCY Program, Part 2
12:30 PM - 1:15 PM		Lunch
1:30 - 3:15 PM	SCY 2.0: Growing and Innovating Programs	A View From Cities and Counties
3:15 - 3:30 PM		Afternoon Break
3:30 - 4:30 PM	Leveraging Program Funding	Faculty and Student Panel
4:30 - 5:00 PM		Pecha Kucha: Great Projects, Part 1
6:30 PM		Pub Crawl or Dinner Excursions

SCHEDULE OVERVIEW AND TRACKS | 2016 Sustainable City Year Conference

TUESDAY | MARCH 15

LOCATION: THE PRADO AT BALBOA PARK

	<i>Established Program Track</i>	<i>New Program and Local Government Track</i>
8:00 - 9:00 AM	Registration and Breakfast	
9:00 - 10:45 AM	Evaluating and Tracking Programs	Working with Cities and Stakeholders
10:45 - 11:00 AM	Morning Break	
11:00 AM - 12:15 PM	Communication Best Practices	Cities 101
12:30 PM - 1:15 PM	Lunch and Pecha Kucha: EPA Tools	
1:30 - 3:15 PM	EPIC-N Meeting 1	Faculty Recruitment
3:15 - 3:30 PM	Afternoon Break	
3:30 - 4:30 PM	Ouch! Lessons Learned	Adapting the Model to Different Institutions
4:30 - 5:00 PM	Pecha Kucha: Great Projects, Part 2	
6:30 PM	Dinner on own	

WEDNESDAY | MARCH 16

LOCATION: THE PRADO AT BALBOA PARK

Established Program Track

*New Program and Local
Government Track*

8:00 -
9:00 AM

Registration and Breakfast

9:00 -
10:45 AM

9:00 - 10:45 AM EPIC-N
Meeting 2

Just Start: Work Session for
the Pilot Year

10:45 -
11:00 AM

Morning Break

11:00 AM -
11:45 AM

Next steps (debrief)

11:45 AM -
12:00 PM

Closing Remarks and Adjourn

AGENDA

SUNDAY | MARCH 13 | SAN DIEGO STATE UNIVERSITY

- 4:15 - 4:45 PM Tour of LEED Platinum Conrad Prebys Aztec Student Union
Location: University Information Center (1st Floor)
- 5:00 - 7:00 PM Registration and Welcome Reception Location: 3rd Floor Terrace or Templo
Mayor, Conrad Prebys Aztec Student Union
Appetizers, beer, and wine
- 7:00 PM Dinner on own

MONDAY | MARCH 14 | THE PRADO AT BALBOA PARK

- 7:30 - 9:00 AM Registration, Breakfast, and Welcome
Location: Ballroom
- 9:00 - 10:45 AM Session 1a: Established SCY Program Roundtable Part 1
Location: Alhambra Room
Learn what already-established SCY programs are up to through “lightning updates” on the status of their programs, how they depart from the SCY model, and challenges they are facing, and participate in an informal discussion of specific program needs that the newly established EPIC Network can assist with. (Moderator: Mike Greco, U Minnesota)
- Session 1b: How to Run an SCY Program, Part 1
Location: Ballroom
Learn the nuts and bolts of operating an SCY program, including benefits to university and community participants, funding models, internal program management, course selection, project-matching, and lessons learned. (Nico Larco and Marc Schlossberg, U Oregon)
- 10:45 - 11:00 AM Morning break
- 11:00 AM - 12:15 PM Session 2a: Established SCY Program Roundtable, Part 2
Location: Alhambra Room
- Session 2b: How to Run an SCY Program, Part 2
Location: Ballroom
- 12:30 PM - 1:15 PM Lunch Location: Ballroom

1:30 - 3:15 PM

Session 3a: Growing and Innovating Programs

Location: Alhambra Room

This session will highlight how the Universities of Colorado-Denver, Minnesota, and Tennessee-Knoxville have set aspirations and introduced innovations to their existing programs to fit their unique institutional, municipal, and political contexts, as well as challenges and lessons learned along the way. (Vickie Berkley, U Colorado Denver; Mike Greco, U Minnesota; Kelly Ellenburg (moderator), U Tennessee Knoxville)

Session 3b: A View From Cities and Counties

Location: Ballroom

City and county partners from Springfield, OR, National City, CA, Santee, CA, and Carver County, MN, offer insights into how and why cities participate in SCY programs, how they benefit from these partnerships, and lessons learned from their own partnerships with programs at the University of Oregon, the University of Minnesota, and San Diego State University. (Courtney Griesel, Springfield, OR; Nate Kabat, Carver County, MN; Brad Raulston, National City, CA; Kathy Valverde, Santee, CA; Moderator: Megan Banks, U of Oregon)

3:15 - 3:30 PM

Afternoon break

3:30 - 4:30 PM

Session 4a: Leveraging Program Funding

Location: Alhambra Room

Representatives from the National Science Foundation, the Wells-Fargo Foundation, and the San Diego Foundation will share their diverse perspectives on funding for university-city programs that work across disciplines, combine local implementation with workforce development, and transform the ways universities actually work in terms of addressing local sustainability issues. (Marie Uhle, National Science Foundation; Stephanie Rico, Wells-Fargo Foundation; Emily Guevara, San Diego Foundation; Moderator: Laura Bloch, Environmental Protection Agency)

Session 4b: Faculty and Student Panel

Location: Ballroom

Hear first-hand from faculty and students who have participated in the Sage Project at San Diego State University and the Hometown Colorado Initiative at the University of Colorado-Denver about their experiences working with the programs. (Mounah Abdel-Samad, Zohir Chowdhury, Karen Islas, Jeremy McKinstry, Kristen Maher, Piper Whalen, Andrew Novak (San Diego SU); Lori Catalano (U Colorado Denver); Moderator: Shawn Flanigan, San Diego SU)

4:30 - 5:00 PM

Pecha Kucha – Great Projects, Part 1

Location: Ballroom

Learn about exemplary SCY projects from programs across the country, presented in an entertaining and engaging Pecha Kucha-style format. (Mike Greco, U Minnesota; Jamie Masterson, Texas A&M U; Lori Catalano, U Colorado-Denver)

6:30 PM

Pub Crawl or Dinner Excursions Departing from Porto Vista Hotel in Little Italy

AGENDA

TUESDAY | MARCH 15 | THE PRADO AT BALBOA PARK

8:00 - 9:00 AM

Registration and Breakfast Location: Ballroom

9:00 - 10:45 AM

Session 5a: Evaluating and Tracking Programs

Location: Alhambra Room

Evaluating the outcomes and impacts of SCY programs is important to ensure programs are achieving their goals and objectives, and to secure funding and institutional support. This session will highlight current evaluation efforts and needs from three individual programs and will highlight efforts of the EPIC-Network more broadly. (Kelly Ellenberg, U Tennessee-Knoxville; Doug Moon, University of Minnesota; Marc Schlossberg, U Oregon; Moderator: Jason Vargo, U Wisconsin)

Session 5b: Working with Cities and Stakeholders

Location: Ballroom

Staff from Chico, CA, Culver County, MN, National City, CA, and Springfield, OR, as well as program staff from California State University-Chico and University of Colorado-Denver offer their perspectives on best practices for working with partner communities and engaging external stakeholders, including ideas for maintaining these relationships after the formal partnership ends. (Fletcher Alexander, California SU-Chico; Leslie Herman, Chico, CA; Brad Raulston, National City, CA; Courtney Griesel, Springfield, OR; Nate Kabat, Culver County, MN; Moderator: Vickie Berkley, U Colorado-Denver)

10:45 - 11:00 AM

Morning break

11:00 AM - 12:15 PM

Session 6a: Communication Best Practices

Location: Alhambra Room

In an era of 24/7 news and information, gaining visibility for SCY programs, partnerships, and projects can be a challenge. This session will present best practices for communications and outreach, and highlight how programs at San Diego State University, University of Oregon, and Augustana College have used traditional and new media, events, and creative techniques to provide greater visibility and impact for their programs and projects. (Javier Inzunza, San Diego SU; Nico Larco, U Oregon; Tara Cullison, Augustana College; Moderator: Jessica Barlow, San Diego SU)

Session 6b: Cities 101

Location: Ballroom

Understanding how local government works is essential to a successful SCY partnership. This session will provide an introduction to local government—how it functions, the scope and limits of its powers, the role of staff and elected officials—for those who have limited experience working with municipalities. This session is appropriate for both new and established program staff, and attendees who represent local government are encouraged to attend to provide their personal perspectives. (Brad Raulston, City of National City, CA; Kathy Valverde, City of Santee, CA; Courtney Griesel, City of Springfield, OR; Moderator: Megan Banks, U Oregon)

12:30 PM - 1:15 PM

Lunch and Pecha Kucha: EPA Tools

Location: Ballroom

Over lunch, hear about the Environmental Protection Agency's EviroAtlas, StormWater Calculator, and Green Infrastructure (GIWiz) Tools, in a fun Pecha Kucha-style. These useful tools for cities address energy, water, air, waste, and can be of use to researchers and cities alike or in collaboration. (Jessica Daniel, José Zambrana, and Michael Nye of the EPA)

1:30 - 3:15 PM

Session 7a: EPIC-N Meeting 1

Location: Alhambra Room

A meeting of the Educational Partnerships for Innovation in Communities (EPIC) Network, representing colleges and universities from around the nation that have launched SCY programs. (Convener: Marc Schlossberg, U Oregon)

Session 7b: Faculty Recruitment

Location: Ballroom

Working successfully with course instructors is critical to implementing an SCY program. In this session, learn best practices for recruiting and working with faculty, as well as ideas for developing faculty skills related to sustainability education and community engagement. (Brian DeLevie, U Colorado-Denver; Elise Amel, U St. Thomas; Daniel Fernandez (moderator), California SU-Monterey Bay)

3:15 - 3:30 PM

Afternoon break

3:30 - 4:30 PM

Session 8a: Ouch! Lessons Learned

Location: Alhambra Room

Hear about the challenges faced by fledgling and established programs and the ways they developed solutions on the fly. (Megan Banks, U Oregon; Jessica Barlow, San Diego SU; Harold Keller, U South Florida; Moderator: Nico Larco, U Oregon)

Session 8b: Adapting the Model to Different Institutions

Location: Ballroom

In this session, learn about how to adopt and adapt the SCY program model to fit to different types of institutions such as small liberal arts colleges, undergraduate institutions, and large public versus small private institutions. (Elise Amel, U St. Thomas; Mike Greco, U Minnesota; Jaimie Masterson (moderator), Texas A&M U)

4:30 - 5:00 PM

Pecha Kucha – Great Projects, Part 2

Location: Ballroom

Learn about exemplary SCY projects from programs across the country, presented in an entertaining and engaging Pecha Kucha-style format. (Kelly Ellenberg, U Tennessee-Knoxville; Vickie Berkley, U Colorado-Denver; Tara

6:30 PM

Pub Crawl or Dinner Excursions

Departing from Porto Vista Hotel in Little Italy

AGENDA

WEDNESDAY | MARCH 16 | THE PRADO AT BALBOA PARK

8:00 - 9:00 AM	Registration and Breakfast Location: Loggia Room
9:00 - 10:45 AM	Session 9a: EPIC-N Meeting 2 Location: Loggia Room Continued meeting of the Educational Partnerships for Innovation in Communities (EPIC) Network, representing colleges and universities from around the nation that have launched SCY programs.
10:45 - 11:00 AM	Morning break
11:00 - 11:45 PM	Next steps (debrief) Location: Loggia Room
11:45 AM – 12:00 PM	Closing Remarks and Adjourn Location: Loggia Room

IMPORTANT CONTACTS

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mcscobedo78@gmail.com
cell: 619-520-4214

Porto Vista Hotel

1835 Columbia Street
San Diego, CA 92101
directorofrooms@portovistasd.com
www.portovistasd.com/
619-544-0164

San Diego International Airport

3225 N Harbor Dr
San Diego, CA 92101
www.san.org
Information: 619-400-2404

San Diego State University Police Department

24-hour non-emergencies: 619-594-1991
24-hour emergencies: 911

San Diego Police Department

24-hour non-emergencies: 619-531-2000 or 858-484-3154
24-hour emergencies: 911

MAP OF BALBOA PARK

*Conference located in the House of Hospitality - Prado Restaurant event space (#1 on map)
 *Largest and easiest accessible parking lot circled



1 Balboa Park Visitors Center	1
Museums	
Centro Cultural de la Raza	27
Marston House and Gardens	28
Mingei International Museum	14
Museum of Photographic Arts	2
Reuben H. Fleet Science Center	3
San Diego Air & Space Museum	22
San Diego Art Institute	14
San Diego Automotive Museum	21
San Diego Hall of Champions Sports Museum	24
San Diego History Center	2
San Diego Model Railroad Museum	2
San Diego Museum of Man	13
The San Diego Museum of Art	11
theNAT (San Diego Natural History Museum)	4
Timken Museum of Art	10
Veterans Museum & Memorial Center	25
WorldBeat Center	26

Performing Arts	
Civic Dance Arts	9
Marie Hitchcock Puppet Theatre	20
San Diego Civic Youth Ballet	9
San Diego Junior Theatre	9
San Diego Youth Symphony	9
Spreckels Organ Pavilion	15
The Old Globe	12

Attractions	
Carousel	6
House of Pacific Relations/Cottages	18
Miniature Railroad	7
San Diego Zoo	8
Spanish Village Art Center	5
United Nations Building/Gift Shop	17

Buildings/Museums	
1 Balboa Park Visitors Center	
The Prado Restaurant	
2 Museum of Photographic Arts	
San Diego History Center	
3 Reuben H. Fleet Science Center	
4 theNAT (San Diego Natural History Museum)	
5 Spanish Village Art Center	
6 Carousel	
7 Miniature Railroad	
8 San Diego Zoo	
9 Casa del Prado	
Botanical Foundation	
Civic Dance Arts	
Floral Association	
San Diego Civic Youth Ballet	
San Diego Junior Theatre	
San Diego Youth Symphony	
Timken Museum of Art	
11 The San Diego Museum of Art	
12 The Old Globe Theatre	
13 San Diego Museum of Man	
14 Mingei International	
San Diego Art Institute	
15 Spreckels Organ Pavilion	
16 Hall of Nations	
17 United Nations Building/Gift Shop	
18 House of Pacific Relations	
19 Balboa Park Club	
20 Marie Hitchcock Puppet Theatre	
21 San Diego Automotive Museum	
22 San Diego Air & Space Museum	
23 Municipal Gym	
24 San Diego Hall of Champions	
25 Veterans Museum & Memorial Center	
26 World Beat Center	
27 Centro Cultural de la Raza	
28 Marston House and Gardens	

Gardens	
A Alcazar Garden	
B Botanical Building and Lily Pond	
C Desert Garden	
D Moreton Bay Fig Tree	
E Inez Grant Parker Memorial Rose Garden	
F Zoro Garden	
G Japanese Friendship Garden	
H Palm Canyon	
J Old Cactus Garden	
K Veterans Memorial Garden	

DRIVING DIRECTIONS

San Diego Airport → Porto Vista Hotel

- Follow signs to exit terminal.
- Use right 2 lanes for ramp to I-5/Downtown
- Merge onto N. Harbor Dr
- Turn left on Grape St
- Turn right on Columbia St and the destination will be on left

Porto Vista Hotel 1835 Columbia St, San Diego, 92101, (619) 544-0164

<https://goo.gl/maps/jt6kvfMbrJJ2>

Porto Vista Hotel → San Diego State University (reception)

- Head south on Columbia to W Elm St and make left.
- Turn left onto State St
- Turn right onto I-5 South freeway ramp
- Stay in right lanes and merge on CA-163 North
- Take ramp for I-8 freeway East towards El Centro
- Exit College Ave and go right at fork to stay on College
- Pass light and stay in left lane to turn left into parking lot
- At stop sign make right and go into Parking Structure 6
- Use self pay stations near elevator
- Use footpath through residence halls to the footbridge which will take you to the Aztec Student Union

Tour meets at the University Information Center and Reception is at the 3rd Floor Terrace

<https://goo.gl/maps/ARs3DN6E1Kk>

San Diego State University → Porto Vista Hotel

- Head north on College Ave
- Stay in right lane and take ramp for I-8 West
- Merge onto ramp for CA-163 South
- Take ramp for I-5 North and stay in right lanes
- Exit Hawthorn St/Airport and stay left
- Make left on Columbia

<https://goo.gl/maps/DGF4cbJZzBL2>

Porto Vista Hotel → Balboa Park, House of Hospitality/The Prado (conference)

- Head south on Columbia to W Elm St and make left
- Turn left onto State St
- Make right onto Grape St.
- Make left on 6th Avenue
- Make right on El Prado/Laurel St
- Follow El Prado and Cabrillo Bridge to parking lot behind Organ Pavilion (will be on left)

<https://goo.gl/maps/efvYZDaP3Rq> (these are walking directions but shortest route even driving)

Balboa Park, House of Hospitality/The Prado → Porto Vista Hotel

- Follow El Prado north out of parking lot to 6th Avenue
- Continue straight onto Laurel St
- Make left at State St
- Continue straight onto Columbia St and Hotel will be on left

<https://goo.gl/maps/HjRXjt9YjVP2> (also walking directions but shortest/easiest route driving for that time of day)

ALTERNATIVE TRANSPORTATION

San Diego Airport ↔ Porto Vista Hotel

THE HOTEL PROVIDES COMPLIMENTARY SHUTTLE SERVICE TO GUESTS FROM 7AM-8PM.

- Upon arrival to the airport, gather all personal belonging
- Call 619-544-0164 and inform the Front Desk that you need shuttle service
- The Front Desk will ask a few quick questions and send the shuttle

TAXI SERVICE AVAILABLE

Porto Vista Hotel ↔ San Diego State University (reception)

MTS TROLLEY SERVICE

- Walk south on Columbia
- Make a right on Cedar St. (.3 mi) - Trolley Stop on the left
- Take GREEN line towards Santee to SDSU Transit Center (30 min)
- Go up to second level – Student Union is white building on the right
- Porto Vista Hotel has agreed to provide shuttle service TO Little Italy trolley stop on availability
- To return to hotel, take GREEN line towards downtown to Little Italy Station

» <https://goo.gl/maps/yamsBe965jN2>

UBER (*must download app*)

- Estimate roughly \$15-20

Porto Vista Hotel ↔ Balboa Park, House of Hospitality/The Prado (conference)

WALKING (mostly uphill)

- Walk north on Columbia St
- Make a right on Grape St
- Make a left on 6th Avenue
- Make a right on El Prado
- Follow Cabrillo Bridge into the park.
- House of Hospitality/The Prado located directly past open Plaza de Panama on the right

» <https://goo.gl/maps/efvYZDaP3Rq>

DECO BIKES - SD CITY BIKE RENTAL STATIONS (mostly uphill)

- Bike Station 59 located across the street from hotel on Fir St
- \$5 - ½ hour rental, \$7 - 1 hour rental
- Must use credit card
- Follow walking directions
- Dock bike at Station 163 on El Prado, just before the Cabrillo Bridge.

UBER (*must download app*)

- Estimate \$4-\$8

LITTLE ITALY PUB CRAWL | Monday, March 14th, 2016



Ballast Point

2215 India St. San Diego, CA 92101
(619) 255-7213
<http://www.ballastpoint.com>



Bottlecraft Brewery

2252 India St. San Diego, CA CA 92101
(619) 487-9493
<http://store.bottlecraftbeer.com/pages/little-italy>



Bolt Brewery

HH: 4-7pm \$5 pints, \$1 off appetizers

1971 India St. San Diego, CA 92101
(619) 795-3012
<http://boltbrewery.com>



Princess Pub

HH: 4 - 7pm Draughts - \$5.50, Wells - \$4, House Wines - \$5

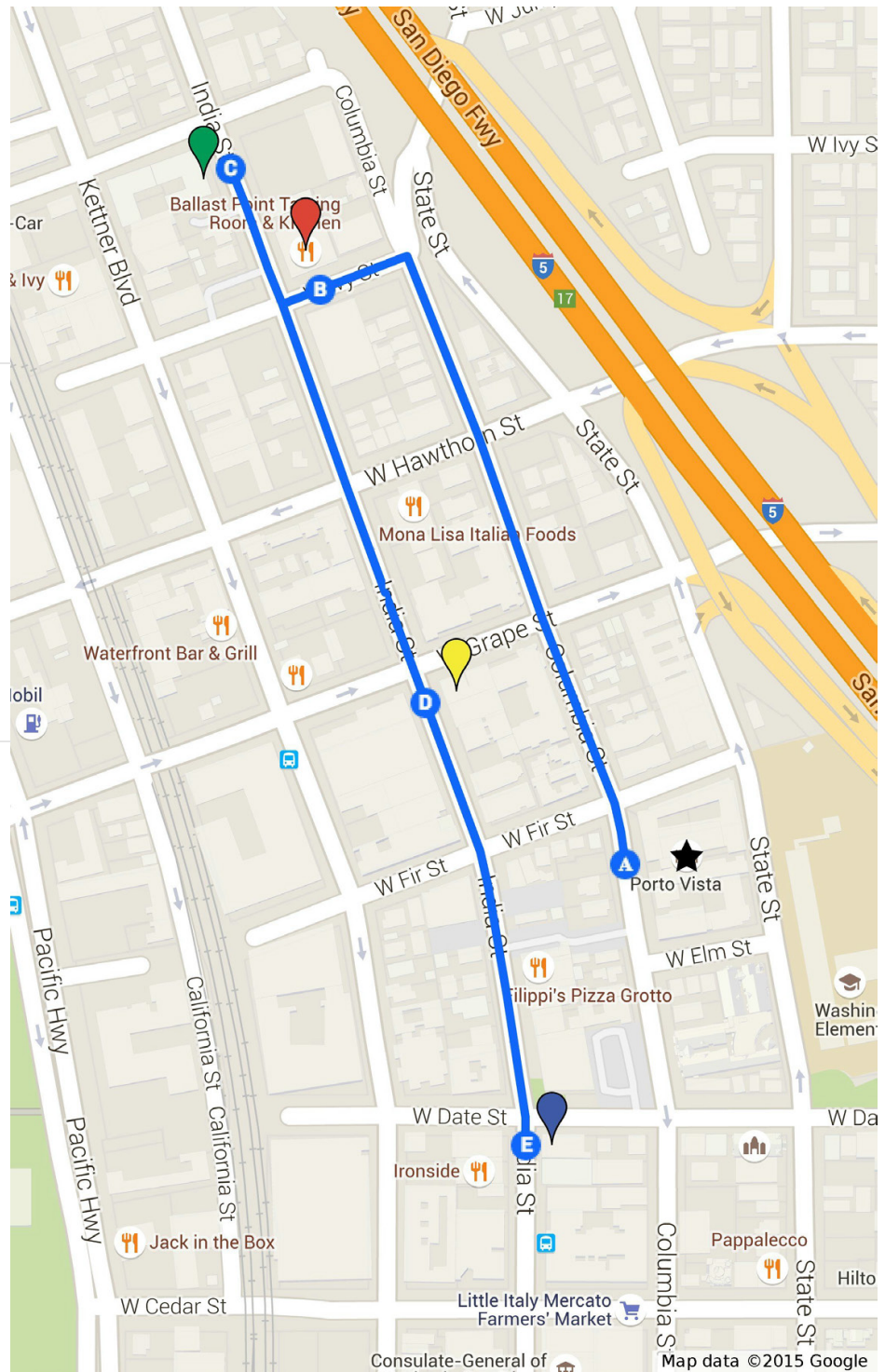
1665 India St. San Diego, CA 92101
(619) 702-3021
<http://princesspub.com/>

MAP OF PUB CRAWL

- ★ Porto Vista Hotel
- 📍 Ballast Point Tasting Room & Kitchen Restaurant
- 📍 Bottlecraft Little Italy
- 📍 Bolt Brewery
- 📍 Princess Pub & Grille

Directions from Porto Vista Hotel to Princess Pub & Grille

- A** Porto Vista Hotel
- B** Ballast Point Tasting Room & Kitchen Restaurant
- C** Bottlecraft Little Italy
- D** Bolt Brewery
- E** Princess Pub & Grille



DINING RECOMMENDATIONS IN LITTLE ITALY

As you will soon see, there are tons of dining options in Little Italy! So many that it may be hard to choose. We have compiled a list of some of the best, just in case you need a little help deciding. Buon Appetito!

Pasta

If you are looking for the best pasta, head to **Monello and Bencotto**. These two are neighboring sister restaurants and make all their pasta fresh daily (trust us, you can taste the difference!). Everything is delicious and they also have excellent cocktails amongst many Italian restaurants that only offer beer and wine. Try the house made vermouth or grappa infusions.

Both located at 750 Fir St

<http://www.lovemonello.com/dinner>

<http://www.lovebencotto.com/>

Seafood

Ironside Fish & Oyster is the spot in Little Italy to get some great cocktails and delicious seafood. The lobster roll is highly recommended along with samplings from the raw bar that has all the shellfish you are looking for.

1654 India St

<http://www.ironsidefishandoyster.com/>

If you want a Mexican spin on your seafood, check out **Bracero – Cocina de Raiz**. Or just come for the guacamole! One of the neighborhood's newest attractions, which has caused quite a buzz as a recent James Beard Award nominee. Chef Javier Plascencia is known for his many restaurants in Mexico, including the reopening of a Tijuana staple that invented the Caesar salad. We are happy he made this trip across the border. Bracero has an excellent second story open patio bar that is perfect for enjoying their awesome ceviche.

1490 Kettner Blvd

<http://bracerococina.com/>

Kettner Exchange is one of the neighborhood's trendiest restaurants that specializes in small plates and hand-crafted cocktails. The menu is largely seafood based but also offers many other options like duck meatballs (heavenly!) and cauliflower tempura. Definitely worth a visit for dinner, a drink, or brunch.

2001 Kettner Blvd

<http://www.kettnerexchange.com/>

Ramen

Yes, there is a ramen house in Little Italy and it serves up some of the best in the city. Underbelly has inside seating as well as a sidewalk bar. They have several options including vegetarian and gluten-free (although we recommend The Belly of the Beast ramen with oxtail dumplings). The chicken wings and edamame are great starters.

750 W. Fir Suite 101

<http://www.godblessunderbelly.com/>

Pizza

Most people have different preferences when it comes to pizza and, luckily Little Italy has offerings for all types. If Sicilian style thick crust is your choice head to Filippi's Pizza Grotto. Locally owned and operated since 1950, it is still one of the most popular spots in the community.

1747 India St

<http://www.realcheesepizza.com/>

If you like the grab and go flair of New York City thin crust pizza shops, try **Landini's Pizzeria**. Sold by the slice or order a whole pie. Don't be fooled by this small shop, it serves up big flavor. We recommend the Leonardo – a simple cheese and pesto sauce combination. Need a bite late night? Landini's is open till 2am.

1827 India St

<http://www.landinispizzeria.com/>

And if artisan pizza is more your style, try **Isola Pizza Bar**. They specialize in personal wood-fired gourmet pizzas. A personal favorite is Prosciutto e Arugula with a truffle oil drizzle.

1526 India St

<http://isolapizzabar.com/>

Dessert

If you have a sweet tooth, you MUST visit Extraordinary Desserts! From scones to cakes to crème brulee, this local sweet spot has the most decadent desserts imaginable garnished with house-made fruit purees, fresh flowers, and gold flakes. If you head here on a weekend evening, be prepared for the wait. These sweets are always in demand. We dare you to click through their photo gallery to see why!

1430 Union St.

<http://extraordinarydesserts.com/>

Breakfast

Harbor Breakfast is one of the few breakfast spots in Little Italy. It's bright and cheery with indoor and outdoor seating. You can get all the classics like French toast, omelettes, and biscuits and gravy. They also serve lunch favorites like burgers, sandwiches, and salads.

1502 India St

<http://www.harborbreakfastsandiego.com/>

Vegetarian

Café Gratitude is a 100% organic plant based restaurant offering vegan, vegetarian, and gluten-free cuisine for breakfast, lunch, and dinner. They are known for bringing high end vegetarian cuisine in a comfortable and casual setting.

1980 Kettner Blvd

<http://cafegratitude.com/>



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