

ISSUE N°11
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Orange Co. California

Sauté



On the House . . .

CHEF BLAKE MELLGREN SHARES
THE SECRETS TO HIS CRAFT



GOING PUBLIC

SIMON MAJUMDAR
RETURNS TO THE PUBS
OF HIS HOMELAND

+5
FALL
RECIPES

SAVOR THIS!

SUNDAY DINNER WITH TOMMY LASORDA
ROSS PANGILINAN SIZZLES WITH OUR SINGLE INGREDIENT
PARTY ON! WHERE TO CELEBRATE THIS SEASON

The Breakfast Champions

They say it's the most important meal of the day, and a stop at any one of these three new spots will help you start off strong.

By Tiffany Chen

Breakfast Republic

With fun creations like s'mores French toast and bacon pancakes (those salty strips are cooked right in the flapjack), it's easy to see why this place was voted the best breakfast spot in San Diego. The chain's eighth location in SoCal recently opened in Irvine. (Costa Mesa, you're next!) Its charming, eclectic décor, greenery-covered walls and whisk lighting fixtures create a bright setting to start the day. Like dining outdoors? Cop at spot on the patio. And we recommend trying the breakfast jambalaya with shrimp, Portuguese linguisa, rice, green onions, red bell pepper and fire-roasted tomatoes, topped with three eggs made any way. If you're vegan, order the Jammin' Bennie with Italian vegan sausage, mung bean egg substitute, vegan hollandaise and golden house potatoes, then topped with blackberry jalapeno jam. breakfastrepublic.com

Eat Street Kitchen

Here's a new spot in Mission Viejo that's dishing out hearty, clever bites. Open at 7 a.m. (breakfast is served till 11 a.m., and lunch goes till 4 p.m.), this cute eatery throws out a great vibe—a little folksy and very welcoming.

Among our morning faves: The Scotch Rocks, two soft-boiled eggs wrapped in sausage, deep fried and served with maple syrup and hot sauce; The Cloud, an oatmeal soufflé (yes, a soufflé) with all the accoutrements; and The Blues, lemon ricotta pancakes with blueberry compote. Good morning! eatstreetkitchenoc.com

Flower Child

The name of this fast-casual restaurant kind of says it all. Located at The Bluffs shopping center in Newport Beach, you'll find wholesome tasty dishes, and there's something for everyone—we're talking vegan, vegetarian, paleo, gluten-free and dairy-free offerings. The menu is heavy on bowls and wraps with plenty of protein options, which makes it an ideal spot for lunch. However, this place beckons us for late-morning bites. More specifically, it's the two kinds of toasts. The crushed avocado iteration is dusted with black sesame seeds and white cheddar shavings, and is topped with a beautiful soft egg, while the tomato toast has a wonderful pistachio pesto, sprinkles of goat cheese and just the right pinch of sea salt. Definitely not your average morning toast! iamafflowerchild.com

Breakfast Republic's French toast trio

