

# SAN DIEGO FOOD FINDS

SAN DIEGO'S BEST RESTAURANTS, MARKETS AND LOCAL CULINARY OFFERINGS

## Table for One in San Diego

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Have you ever dined alone? Don't worry, you are not the only one. About half of all dining out occasions in the U.S. are enjoyed without the company of others. Eating alone is no longer about being lonely; it has become a diverse way to experience food. Next time you're looking for some quiet time, check out these great restaurants that will have you requesting a "table for one in San Diego" more often!



BARRIO STAR (COURTESY [PHOTO](#))

Banker Hill's [Barrio Star](#) is home to Mexican Soul Food with a back room that's perfect for some much needed privacy. Bring [your laptop](#) and take a seat in this secluded setting designed for getting work done while enjoying a flavorful meal.

Head to North Park for some locally sourced fish and entertaining eats at [Saiko Sushi](#). Their sushi bar is a comfy spot for lone diners. Engage with the chefs while you watch these skilled sushi

artisans make your favorite rolls. Learn a lesson in sake drinking as the knowledgeable staff happily teaches you about their diverse selection of boutique sake wines.

For an authentic Parisian café experience, head to [Le Parfait Paris](#) located in the heart of downtown's Gaslamp District. Treat yourself to a good book as you sip coffee and enjoy sweet macarons. This is not your average coffee shop. A day to yourself in this boulangerie will have you saying "Ooo la la!"

After a long day of shopping in The Gaslamp, take a break at [Union Kitchen & Tap](#). There is no need for company when live acoustic music is keeping you entertained. Grab a table and enjoy a night to yourself as you listen to upbeat, soul and mainstream rock acoustic jams.

Unwind above the cliffside Solana Beach neighborhood of Fletcher Cove and check out [Pillbox Tavern](#). From the friendly regulars, to the communal bar seating, you're sure to make some new friends while enjoying your meal for one. Not to mention the outdoor patio is great for a solo day of people watching!

Fish Shop [Pacific Beach](#), [Encinitas](#), and [Hermosa Beach](#) are fast casual meccas for solo diners! Pop in for a quick [lunch](#) or dinner without waiting to be seated and served. Enjoy your solo meal and dine al fresco on their cozy, well lit, heated patio without the distractions of a waiter or waitress.

It's time for solo diners to celebrate!