



Mi Casa es Su Casa

South Mission Beach, San Diego, California

712 ½ , 714 & 716 San Luis Rey Place

GUEST INFORMATION

Mi Casa es Su Casa

South Mission Beach, San Diego, California

Welcome to beautiful Mission Beach in the heart of San Diego!

You are in a fantastic location to enjoy the thriving beach community all around you, the eclectic night life of the Gaslamp Quarter and Pacific Beach, or the cultural and recreational wonders that are Sea World and Balboa Park.

In this binder we have provided information that you may use to make your stay as enjoyable and safe as possible.

It is our pleasure to accommodate your stay and we have done everything we can to anticipate your needs while you are here. If, however, you feel that something has been neglected or forgotten please contact us at (619) 987-9490.

Enjoy your stay in South Mission Beach!

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General Information

Address

712 ½ San Luis Rey Place
714 San Luis Rey Place
716 San Luis Rey Place
San Diego, California 92109

Contact Information

Julie Tudela (619) 987-9490
Carl Gifford (619) 871-9845

Website: www.micasabeachrentals.com
Email: micasabeachrentals@gmail.com

Check In/Check Out Times

Check In Time: 3:00 p.m.
Check Out Time: 10:00 a.m.

Checkout

You are scheduled to check out by 10:00 a.m. on the final day of your stay. In order for us to prepare the unit for its incoming guests, late check outs cannot be accommodated.

Prior to checkout, please do the following:

- Remove all personal belongings. If we discover that you have left something behind, we will contact you and make arrangements to return it. We cannot however take responsibility for lost or stolen items.
- Clean out refrigerator and dispose of all food items.
- Remove excessive trash to the bins behind the building. Trash is picked up on Friday morning so the bins should be fairly empty.
- Leave used towels in the bathrooms.
- Leave keys and garage door opener where they were when you arrived.
 - 1 key set in lock box
 - 2nd set of keys and garage door opener on the kitchen counter inside of the unit.
- Close the garage and lock all doors to unit before you depart.

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Keys

As you were advised, a key to this unit can be found in the lockbox on the front of the door. The code to the lock box will be the last four digits of the cell phone number you provided on the rental agreement. We recommend that you always return this key to the lockbox after using it. This will ensure that your other guests can access the unit at any time and that you will be able to access the unit in the event that your keys are lost or stolen. Please protect our belongings and yours, and always remember to LOCK your doors when you are away.

One additional set of keys has been left with this binder. The yellow key is for the door and the green key is for the door to the garage from the courtyard.

Please be advised that there is a \$25 fee for lost keys. Please contact us immediately if the keys to the unit are lost or stolen or you feel that the code to the lockbox has been compromised.

Garages and Parking

One parking space in the garage (corresponding to your unit) has been provided for your convenience. The garage door opener for your garage parking spot should have been found with this binder. The garage that it opens and the contents therein are for your use.

Do not park on the street in front of the garages; your car will be towed. If a car is parked there and blocking your access, please call Western Towing at (619) 297-8697.

WARNING: The garages can accommodate a full size vehicle (truck, SUV, etc.) but require the driver to park very carefully; we recommend that you use an additional person as a 'spotter'. We are not responsible for any damages to autos parked in the garage or surface streets.

Street parking in South Mission Beach can be challenging. Any illegally parked cars are subject to towing and any applicable fines/towing fees are the responsibility of the vehicle owner.

There is a large public parking lot at the southern end of South Mission Beach next to the Jetty (turn right onto North Jetty Road). If you or your visitors are using this lot, please be sure to read the posted signs regarding the hours of operation.

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Equipment

Towels & Beach Mats

Beach towels and beach mats are provided for your use on the beach. Please do not take bath towels to the beach. Missing or damaged beach towels/beach mats will be deducted from your security deposit (\$25 per towel/mat).

Beach Equipment

Boogie boards, beach chairs and an umbrella are provided for your use. These items have been left in your garage. Please remove excess sand from these items and return them to the garage at the end of your stay.

Beach toys (buckets, shovels, wagon, etc) are provided for our young guests (although our older guests are free to use them as well!). Please rinse these items after use and return them to the storage area under the main staircase in the courtyard.

Bicycles

Two bicycles are provided for your convenience and should be used at your own risk. Bike helmets are not provided; please use caution when using the bikes. Please remember to lock the bikes to a stationary item when they are not in use. You are responsible for any loss or damage to the bikes assigned to your unit. The combinations to their locks are 7-1-2-5.

Gas Grills

Each unit has its own gas grill for your dining enjoyment! There should be plenty of propane available for your stay, but if you run out an extra tank is located in your garage. If you need assistance moving or installing the new tank please call us. If the electronic ignition is not working the grill may also be lit using a bbq-lighter as instructed on the face of the grill.

Internet

Wireless internet has been provided for your convenience while you are away from home. A wirelessly enabled device should automatically detect the network and prompt you to enter the security encryption 'key'. The network security information will be provided to you in the Guest Binder in your unit.

Please note that we cannot provide any additional technical assistance with connecting your computer to the network and we do not provide a computer on the premises. The nearest internet café is Wired Cyber Café located at 853 Hornblend St, Pacific Beach, CA. (858) 490-8060.

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Telephone

Since most of our guests have cell phones, we do not provide a land line in the unit. Please note that the cell reception inside the unit is not always great; you may want to step outside for better reception.

Laundry Facilities

The door to the laundry room is located in the alley under the staircase at the north-west corner of the building. The key is in a lock box like those on each unit. The lock box combination is 7-1-2-5. The laundry facilities are for the use of all guests, so please be patient if the facilities are in use. The machines are quarter operated (Washer:\$1.00 , Dryer: \$0.75) and are managed and maintained by an outside company. Please call the number posted in the laundry room about any problems with the washer or dryer.

Smoking

Please do not smoke in the unit. Smoking is only allowed outside on the patios. Ashtrays can be located under the kitchen sink; please dispose of your cigarette butts properly. Please note that smoking is prohibited on all San Diego beaches and parks.

Trash

The trash bins are located on the alley between the garages and the laundry room, and are for your use during your stay. The trash is picked up on Tuesday and Friday mornings.

Common Areas

The courtyard at the foot of the stairs and up to the south-west corner of the building is common area for the use of all tenants. This includes the water hoses which may be used to rinse sand from feet after a beach outing. The area around the corner of the building is the private patio of Unit 712. Thank you for respecting their privacy.

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Beach Information

- **Lifeguard Protection:** Lifeguards are staffed daily year round at the main lifeguard station at the foot of Avalon Court. In summer, additional lifeguards are staffed along the beach in seasonal lifeguard towers. Lifeguards are generally on duty from 9:00 a.m. to dusk; but check with lifeguards for specific staff hours.
- **Rip Currents:** Most California beaches experience strong rip currents. Our safety tips section provides an explanation of rip currents and some methods of freeing yourself if caught in a rip current. The best advice is to swim near a lifeguard.
- **Water Activity Zones:** This beach has separate water areas reserved for swimming and surfing. Check with lifeguards for details.
- **Surfing:** Surfing is permitted at this beach in designated areas.
- **Scuba:** This beach is not recommended for scuba diving due to lack of undersea life, heavy water activity, and surf.
- **Restrooms and Showers:** Public restrooms and showers are located at the foot of San Diego Place, near the parking lot.
- **Disabled Accessibility:** The boardwalk is accessible to wheelchairs and provides an excellent viewpoint of the beach. A special ramp extends from the parking lot onto the beach to allow for wheelchair access.
- **Beach Fires:** Containers for beach fires are generally provided during summer months and available on a first come, first served basis. The burning of rubbish is prohibited. Only wood, charcoal, or paper products may be used as fuel. Fuel for the fire may not exceed a height of more than twelve inches above the upper edge of the fire container. The fire must be extinguished before leaving the beach. Open beach fires outside containers are prohibited at all San Diego beaches.
- **Parking:** Extensive free public parking is available at the south end of this beach. This lot fills very quickly on busy summer days and traffic can be heavy at times.

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Beach Regulations

San Diego beach regulations are designed to ensure a safe and enjoyable time for all who visit. The following is a partial list of laws that pertain to City of San Diego beach, park, and water areas. This is not an exhaustive list and all laws are subject to change without notice. If you have any questions, check posted signs or ask a lifeguard.

- **Glass Containers:** Glass containers are prohibited if used to carry liquid for drinking purposes.
- **Alcohol:** Drinking alcoholic beverages is not allowed on city beaches.
- **Beach Fires:** Fires are permitted only in fire containers provided by the City or in personal barbecues elevated off the ground. Coals must be removed or deposited in hot coal containers.
- **Smoking:** Smoking is prohibited on San Diego beaches and parks.
- **Dogs:** Dogs are permitted on beaches and in adjacent parks only from 6:00 p.m. - 9:00 a.m. and must be leashed at all times. Dogs are prohibited at other hours of the day, except at Dog Beach (adjacent to Ocean Beach) and Fiesta Island (in Mission Bay), where dogs are permitted 24 hours a day unleashed. At all locations you must clean up after your pet.
- **Water Use Areas:** Water areas off the major beaches are divided into swimming and surfing zones to separate these users. A black and yellow checker flag will normally be posted between zones. Check signs or ask a lifeguard for the proper zone for your activity.
- **Unsafe Behavior:** Regardless of the area of use, it is unlawful to use any water recreational device (surfboard, boat, etc.) in a manner which endangers others.
- **Overnight Camping:** Overnight camping and sleeping are prohibited.
- **Boardwalk Speed Regulations:** On the Mission Beach/Pacific Beach boardwalk, the maximum speed limit is 8 mph (13 kph).
- **Cliff Jumping:** Jumping from cliffs or other heights higher than five feet into the Pacific Ocean is prohibited.
- **Lifeguard Directions:** It is a misdemeanor to fail to follow the lawful order of a lifeguard or to provide false information to a lifeguard.
- **Injuring a Lifeguard:** Any person who intentionally injures a lifeguard in the State of California may be convicted of felony battery.

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Local Information

Mission Beach is a community on a stretch of sandbar along the Pacific Ocean to the west and Mission Bay to the east in San Diego. The main artery through Mission Beach is Mission Boulevard, which is divided into South Mission, a peninsula, and North Mission.

Mission Beach spans nearly two miles of ocean, with a boardwalk on both the ocean and bay side, between Mission Bay to the east and Pacific Beach to the north. The boardwalk has been expanded and separated by a yellow line for foot traffic on one side and wheels (roller blades, bicycles and skateboards) on the other. At the south end of the beach a jetty, with grass, parking and a walk, extends into the ocean.

Many of the original residential structures in Mission Beach were built in the 1930s and '40s as summer cottages. Because of problems to work out with developing on sand, Mission Beach developed later than the neighboring communities of Ocean Beach to the south and Pacific Beach to the north. In 1914, encouraged by land sales in those next-door communities and a new wooden bridge linking Mission Beach with Ocean Beach, John D. Spreckels offered small lots for sale. As a result, Mission Beach is the most densely developed residential community in San Diego with a land use designation across the majority of its land area of 36 dwelling units per acre. It also has the smallest lots in the city, ranging from 1,250 to 2,400 square feet. Few have been consolidated to form larger lots. Many of the structures within the community have been redeveloped into two-story homes.

Attractions near Mission Beach include SeaWorld and historic Belmont Park, in South Mission Beach, which features the Giant Dipper Roller Coaster. Other amusement park rides include the FlowRider, Chaos, Vertical Plunge, Krazy Kars, Tilt-a-Whirl, Liberty Carousel, Crazy Submarine, The Beach Blaster, and The Chaos. The Mission Beach Plunge opened in May of 1925 as the centerpiece of Belmont Park, which was built by John D. Spreckels to stimulate real estate sales and to promote his electric railway. The 60-foot-by-175-foot swimming pool, was at the time the largest salt-water pool in the world, holding 400,000 gallons. The plunge building, encapsulating The Plunge, which was featured in the Tom Cruise film Top Gun, was styled after the Spanish Renaissance architecture that also were erected in San Diego's Balboa Park between 1915 and 1916. It originally opened as the "Natatorium." The Mission Beach Plunge is the only remaining structure left from the original Belmont Park structures, which were razed in the late 1980s. Celebrities who once swam in the pool include Esther Williams and Johnny Weissmuller. The roof of the pool rolled open to make it both an inside and outdoor pool.

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Mission Beach offers opportunities to participate in sunbathing, horseshoes, surfing, bicycling, skateboarding, Frisbee tossing, and other outdoor activities. A local skating club, "Skate This!," performs for free on weekends, executing trick skating and dancing on both rollerblades and traditional skates. It has become well known as a popular place to engage in sports, including beach volleyball and basketball, with courts available for both.

Mission Beach includes Mariner's Point, the original site of the Over-the-line softball-on-the-beach tournament.

Thong bikinis are technically illegal on Mission Beach, but lifeguards and local police do not usually enforce the ban on such swimwear. The consumption of alcoholic beverages on the beach is illegal as of April 2008. Nudity is not allowed.

Many of the beachgoers are local college and university students, but both tourists and permanent residents of the beach and other areas are also frequent visitors to the beach. Weekly and monthly rentals are available during the summer months. Nearby Pacific Beach is to the north of Mission Beach.

Mission Beach has many well-known bars. Most bars in the neighborhood are relaxed, beach-style gathering places. Some of the more popular places include The Sandbar Sports Grill, and The Beachcomber and The Pennant in South Mission, The Coaster Saloon and The Wavehouse, a beachside bar-and-grill featuring a 10-foot tall barreling artificial wave called the Bruticus Maximus.

Source: Wikipedia contributors, "Mission Beach, San Diego, California," Wikipedia, The Free Encyclopedia (June 22, 2008).

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Neighborhood Establishments

Restaurants

Capri Pizza & Pasta

2909 Mission Blvd
San Diego, CA 92109
(858) 488-9999

Gabbiano Pizza

2912 Mission Blvd
San Diego, CA 92109
(858) 488-4010

Sara's Mexican Food

2907 Mission Blvd
San Diego, CA 92109
(858) 488-4436

Bars/Pubs

The Pennant

2893 Mission Blvd
San Diego, CA 92109
(858) 488-1671

The Beachcomber

2901 Mission Blvd
San Diego, CA 92109
(858) 488-2644

Mini Markets/Liquor Stores

Ace Liquor

2892 Mission Blvd
San Diego, CA 92109
(858) 488-3868

Mission Market

2885 Mission Blvd
San Diego, CA 92109
(858) 488-3541

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Grocery Stores

1.) Vons

Neighborhood: Pacific Beach
1702 Garnet Ave
San Diego, CA, 92109
(858) 273-8340
Hours: 5:00 a.m. - 1:00 a.m.

3.) Trader Joes

1211 Garnet Avenue
San Diego, CA, 92109
(858) 483-0224
Hours: 9:00 a.m. – 9:00 p.m.
www.traderjoes.com

5.) Ralphs

4315 Mission Blvd
San Diego, CA, 92109
(858) 273-0778
Hours: 5:00 a.m. - 01:00 .m.

2.) Henry's Marketplace

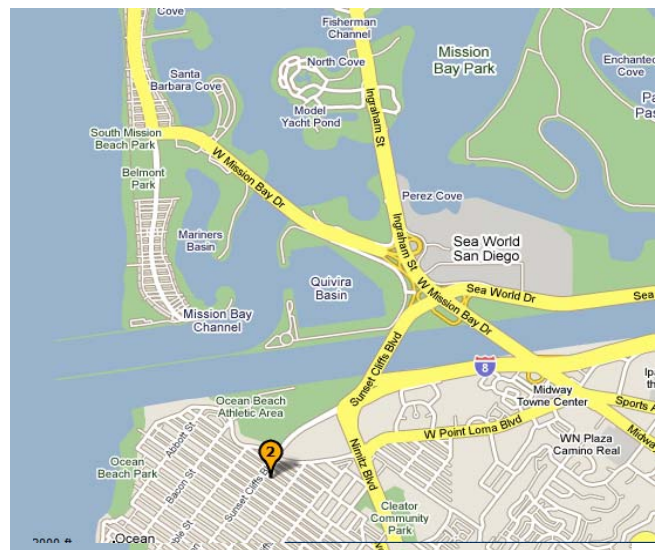
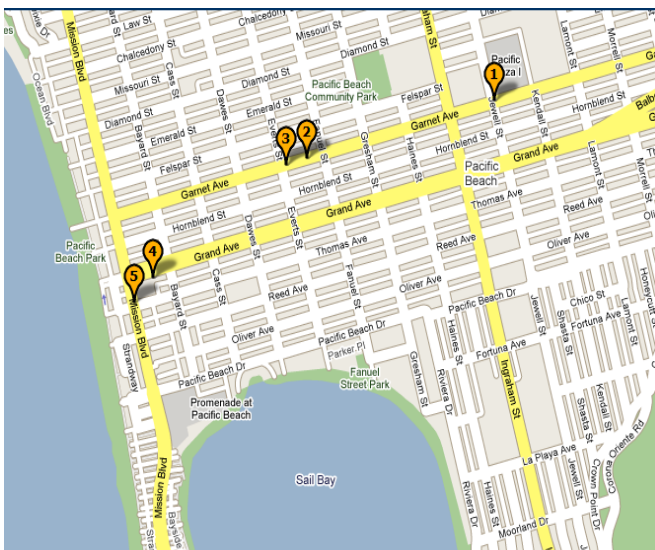
1260 Garnet Ave
San Diego, CA, 92109
(858) 270-8200
Hours: 7:00 a.m. - 10:00 p.m.

4.) Pacific Beach Farmers' Market

4150 Mission Blvd (Promenade Mall
between Reed and Pacific Beach Blvd)
San Diego, CA, 92109
(760) 741-3763
Hours: Saturday 8:00 a.m. to Noon

6.) People's Organic Food Cooperative

4765 Voltaire St (between Ebers St &
Sunset Cliffs Blvd)
San Diego, CA 92107
(619) 224-1387
Hours: 8:00 am – 9:00 p.m.
www.obpeoplesfood.coop



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Restaurant Reviews

Selected listings of Mission Beach/Pacific Beach dining establishments recommended by the San Diego Reader's reviewers (Ed Bedford, Ambrose Martin, Max Nash, Eleanor Widmer, Naomi Wise). Call restaurants in advance for operating hours and reservations. Additional information on local restaurants can be accessed from the **Local Restaurant** link on under the **Dining** heading on the home page of our website

www.micasabeachrentals.com

The Australian Pub - 1014 Grand Avenue, Pacific Beach (858) 273-9921

A great place to take your kids after a morning at the beach. This relaxing pub, owned by a true-blue Aussie, offers heaps of good Aussie food. Try the Road Kill (grilled chicken breast with pico de gallo sauce and cheese "run over" between 2 pieces of sourdough) or the Aussie Burger (1/2 pound patty, with a fried egg, cheese, bacon, grilled onions, beets, pineapple, and a side of steak fries). And for an "outback experience," order up Vegemite (a beefy kinda paste) and four slices of bread -- it's the Aussie national food, mate. Open Mondays through Thursdays, lunch and dinner until midnight; weekends breakfast through dinner until 1 a.m. Inexpensive.

Broken Yolk Cafe - 1851 Garnet Avenue, Pacific Beach (858) 270-YOLK (9655)

Breakfasting PBers love this place for three reasons: its sundeck, its 26 different four-egg omelets (which you can split with your partner, no extra charge), and the challenge of omelet #27. The dozen-egg "Broken Yolk Cafe Special" comes stuffed with a mountain of mushrooms, onion, cheese, chili, plus home fries and biscuits. If you can down it in an hour, pay just \$1.98 -you've got huevos. If you can't, the yolk's on you -- pay around \$17. My advice: split a 4-egger. Open 6 a.m. to 3 p.m. daily. Inexpensive

China Inn - 877 Hornblend Street (between Garnet and Grand), Pacific Beach (858) 483-6680

The enormous menu here offers Mandarin and Szechuan specialties including especially good sweet-and-pungent shrimp, Mandarin pork rib, duck in orange sauce, and shrimp in garlic sauce. The setting is simple but the food is outstanding. If chef-owner Andy Kam is present, ask his advice about the day's best dishes. Open daily, continuous service, lunch and dinner. Inexpensive to moderate.

Costa Brava - 1653 Garnet Avenue (at Jewel), Pacific Beach (858) 273-1218

Cordial owner-host Javier Gonzalez opened this charming restaurant so that local Spaniards would have a place to gather with an authentic atmosphere of home, and indeed, the "Euro" atmosphere and late hours give a truly Iberian feel. The lively garlic-rich dishes here include a wide array of tasty tapas and, among the entrees, paella that's made to order (sized to serve two or four; call ahead for larger groups). Patio seating in good weather. Parking lot and wheelchair access via the alley behind the restaurant. Open daily 11 a.m. to midnight, with bargain prices at Sunday brunch. Reservations advised for weekend evenings. Moderate.

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Go Greek Cafe and Grill - 4501 Mission Bay Drive, Pacific Beach (858) 270-4487

Located in the same easy-to-miss mini-mall as Sushi Ota, across the street from Rubio's (look for the 7-Eleven sign), this informal Greek cafe is better than it looks. The taramasalata (codfish roe salad) may not be house-made, but the delicious spread is straight from Greece. Excellent house salad, stuffed grape leaves, lentil soup, saganaki for additional starters; fine homey moussaka and grilled fish are among the entrees (but gyros are ordinary), and the exotic rice pudding makes a light dessert. Vegetarian friendly menu. Belly dancing Friday nights. Open Monday through Saturday, lunch and dinner; sporadically on Sunday. Low moderate.

Gringos Cantina - 4474 Mission Boulevard (at Garnet Avenue), Pacific Beach (858) 490-2877

With better cooking than you'd guess from its name, this ambitious spin-off of the local Moondoggies chain serves the sort of Mexican cuisine you might find at a seaside resort in Cabo or Puerto Vallarta -- skillfully prepared with good, fresh ingredients, just a bit dumbed-down in the flavors. The chile verde, say, is beautifully seasoned if barely picante, and the luscious camarones borrachos are big white shrimp cooked just till done and not a moment more. Given the surefire location at the hub of PB party town, the food is actually better than it needs to be. A vast list of tequilas, interesting margaritas, and a sensible wine list emphasizing affordable, food-friendly Chilean bottlings add to the draw for a lively young crowd that revs the decibels to a roar on weekends. Open daily. Moderate.

Hanaoka-2 - 1203 Garnet Avenue, Pacific Beach (858) 274-9755

This is the suave cousin of the Hanaoka family restaurant in National City. The atmosphere is fifties moderne revival, with a Ginza sleekness. It's still reasonably priced if you choose carefully (most sushi is 20 percent off during early-bird hours, 5 p.m. to 7 p.m.). The Philadelphia roll is delicious with its smoked salmon, seaweed, cream cheese, rice, and sesame seeds. But this place is really aimed at yuppies. People order "cabo-wabo" spicy crab with yellowtail, or toro roll (meat from the belly of a tuna), which the chef sears with the sharp blue flame of a blowtorch. Every guest gets a loud traditional welcome from the chefs. And a farewell. Open evenings only. Inexpensive to moderate.

Hawaiian Island Barbecue Pacific Plaza, 1768 Garnet Avenue, Pacific Beach (858) 483-9830

What do folks really eat in Hawaii? What they serve here: plate lunches. Which means two scoops of rice, one scoop of macaroni salad, and then whatever, like garlic shrimp, mahi mahi or fried shrimp, Hawaiian BBQ chicken, chicken katsu, Hawaiian BBQ beef or short ribs, even hamburger steak. But to go all-out Hawaiian, try the chicken lau lau (chicken and butterfish wrapped in taro leaves), slow-cooked kalua pig (don't call it pork) with cabbage, or limu poke (seaweed and raw tuna). Barbecue? Their BBQ Mix (Hawaiian BBQ beef, chicken, short ribs, with rice or macaroni salad) is a deal. Authentic? Count the Hawaiians around you. Lunch and dinner daily. Inexpensive.

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Joe's Crab Shack - Pacific Beach 4325 Ocean Blvd. San Diego (858) 274-3474

Offspring of an enormously popular south Texas chain, Joe's is a friendly, goofy and often messy place that also happens to have damn fine food. The Pacific Beach location, in the former home of the Rusty Pelican, has prime oceanfront space.

Kabuki Sushi Restaurant - 4475 Mission Blvd (entrance on Garnet), Pacific Beach (858) 270-1986

This place has a unique system of delivering tempting dishes to you via boats floating along a minicanal that surrounds the sushi bar. You take food off and pay according to the plate size. The sushi chefs -- they can be a show in themselves -- have the usual panoply of sushi, sashimi, nigiri. The dragon rolls (crab, shrimp tempura, eel, avocado) and spider roll (soft-shelled crab) are tasty too. It's young and crowded here -- is that because you don't have to sweat the menu, just grab what you like off the boat and chew? Open for lunch and dinner Tuesday to Saturday; dinner only Sunday; closed Monday. Inexpensive to moderate.

Karinya Thai & Vegetarian Cuisine - 825 Garnet Ave (Sea Coast Square), Pacific Beach, (858) 270-5050

Think of the movie *The Beach*, with a bunch of Leo DiCaprio look-alikes getting off on the coconut curries like gang ped, panang, and Trang Trari. Or noodle dishes like the famous pad thai. But they're in the right place: Karinya remains true to its Thai origins. The tom yum kung (hot and sour shrimp soup) is a meal in itself Steaming away with its fierce little charcoal fire at your table, the hot pot holds plenty of shrimp, and you can taste the essential mushrooms, lemon grass, ginger, lime juice, cilantro, and of course nam pia, Thai fish sauce. A nice counterpart to the hots of the soup are the Fresh Spring Rolls, filled with tofu and vegetables and mint. Another sizzler: pad talay, a saute pan full of mussels, shrimp, squid, and other seafood in a great spicy sauce. The recipe's from Koh Samed, an island like the one featured in ... *The Beach*. Inexpensive to moderate.

Kono's - 704 Garnet Ave (on the boardwalk), Pacific Beach (858) 483-1669.

This inside outside cafe is your prototypical California surfer hangout. It's cream and green with maroon canvas window canopies, red-painted make-believe shutters, and three surfboards sprouting through the roof On weekends, lines of tourists come looking for their California fix. But Kono's is known among locals, too, for generous breakfasts. Check out their PBS: Pancakes, Bacon and Scrambled eggs. Or the breakfast sandwich with eggs, bacon, cheese, and tomato on a toasted English muffin. Or the CB Burger (chicken breast, green chili, and pica sauce). Best time: foggy mornings. Chow down on their patio on the pier while you enjoy a birds-eye view of surfers appearing out of the mists below. Breakfast and lunch daily. Inexpensive.

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Lamont Street Grill - 4445 Lamont Street (between Grand and Garnet), Pacific Beach (858) 270-3060
PB's most romantic restaurant serves California comfort food, punctuated by bold and sometimes strange Mexil Asian/Cajun flavors, in a rambling converted residence with several rooms and levels. Dinners come with soup or salad, and many entrees are served over marvelous house-made fresh pasta. Salmon over fettuccine in a delicate dill cream sauce is especially fine. The huge array of desserts is house made, too, with something for every palate. The most desirable tables (available first come, first served) are on a lovely fireplace-heated patio. Wheelchair ramp and parking in small lot behind restaurant (call ahead and they'll save you a spot). Homey atmosphere; can get loud. Affordable wine list, full bar. Open daily, dinner only.

Lotsa Pasta - 1762 Garnet Avenue, Pacific Beach (858) 581-6777.

At this large, loud family restaurant, you pick your noodles (from 9 flavors and 6 shapes, plus 7 stuffed pastas) then choose one of 17 sauces to dress them. Entrees come with soup or salad and garlic bread. For a little extra, you can choose a pasta combo or add ingredients such as garlic shrimp, bready meatballs, or good spicy sausage. The big deal is timpano, a bread-shell enclosing a cornucopia of pastas, sauces, cheeses, and meats (made famous by the movie *The Big Night*). But don't expect authentic Italian (or even New Jersey Italian) cooking. The fare is more midwestern American-Italian, with all pastas cut to the same hefty thickness and mostly weighty sauces. (The vodka sauce and Thai peanut sauce are lighter choices.) Wines live up to their rock-bottom price tags. A retail counter offers most pastas and sauces to go. Open daily, lunch through dinner. Inexpensive to low moderate.

Luigi's Italian Restaurant - 3210 Mission Blvd. San Diego (858) 488-2818

Sit outside on Luigi's patio and take in the inimitable people-parade cruising Mission Boulevard. The cheap house burgundy accompanies the tasty and inexpensive food perfectly. If pizza is your thing, they have slices the size of Manhattan and whole pizzas that barely fit on an entire table. Dining inside, you'll get a game on the mounted TV and a college crowd to watch it. Check out the black and white photographs of El Nino wave action and an older and slower San Diego. Even though it's a little too bright and lacks enough ambiance to be an Italian favorite on par with those in Little Italy, Luigi's is the place to go for Italian food in Mission Beach.

The Mission Cafe and Coffee House - 3795 Mission Blvd , Mission Beach (858) 488-9060

Gourmet and Latino breakfasts served in funky surroundings. Outstanding are cinnamon French toast, blackberry-banana pancakes, and roast beef hash with rosemary potatoes and eggs. Chino-Latino lunch items. All dishes plus fabulous bread, scones, muffins, available for take-out. Open daily 7 a.m. to 3 p.m. Inexpensive.

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People's Organic Foods Co-op Deli - 4765 Voltaire Street, Ocean Beach (619) 224-1387

This is the land of "organic," "cruelty free," "environmentally safe," "shade-grown." Vegan Country. People look disgustingly healthy, disturbingly pasty, or just plain smug. But the food tastes pretty good. And they sell it by the pound so you can mix and match. 'Course, you have to learn new words, like tempeh (cultured soy which can be made to taste like anything). And dishes have a sensible momsy East Coast feel -- garlic eggplant with beet root and onions, tempeh loaf, sweet squash and rice, millet spinach bake, shepherd's pie, "mango madness," tempeh sausage, steamed vegetables, vegan macaroni and cheese. Bottom line: it's guilt-free. Open seven days, breakfast, lunch, dinner (but "serious" breakfasts Saturday and Sunday only). Inexpensive.

Qwiigs Bar & Grill - 5091 Santa Monica Avenue, Ocean Beach (619) 222-1101

That name, Qwiigs? "Queeners Who Indulge In Great Sports" refers to a bunch of surfers who surfed a Hawaiian spot named Queen's. And they could get away with culinary murder here if they wanted to -- the beach, surf, pier, horizon, and sunset are such eye-candy you tend to auto-feed your mouth. But this brass-rail and varnished-wood upstairs eatery produces interesting food, featuring seafood from seared ahi to grilled mahi mahi to a substantial sushi bar. Some of their nicest surprises are in their simple plates, like a field greens salad, scrumptious with candied walnuts and chevre cheese; or farfalle pasta with rock shrimp, goat cheese, roasted garlic, spinach, and cream; or a cheeky smoked turkey-briepepperoni sandwich. Also a good deal: pungent BBQ prime rib served on the bone on Mondays (other days as a sandwich). Freshest aperitif? Blackberry lemonade. Lunch and dinner daily, breakfast Saturday and Sunday. Moderate.

Ranchos Cocina - 1830 Sunset Cliffs Boulevard, Ocean Beach, (619) 226-7619

At all locations of this delightful mini-chain, you'll find healthy, creative Mexican and vegetarian cuisine in cheerful, tropical-style settings burgeoning with plant life and craft objects. A big plus: zero attitude. You don't have to be vegi-virtuous to enjoy full-flavored combinations that are as creative as they are wholesome. Try anything with lobster or calamari steak -- in fact, all the seafood here is pristine. Try, even, an antojito stuffed with beef -- it's stewed, not ground. And sample something with the house-made mole sauce of a zillion ingredients. Actually, try -- anything. (Well, the chicken breast is as dry here as everywhere else. Try anything else.) Open daily breakfast through dinner. No reservations, but call ahead for large parties. Inexpensive.

Mi Casa es Su Casa

South Mission Beach, San Diego, California

Saska's Steak & Seafood - 3768 Mission Boulevard, Mission Beach (858) 488-7311

Venerable, local steak-and-seafood joint that tries harder, from the broth-thin homemade teriyaki sauce (sweet up front, fading to bitter ginger) for the well-cooked (if mild-flavored) fish to the cut-on-the-premises aged beef. The interior's low wood-slat ceilings, driftwood beams, dim light, and red-leather booths combine with the stay-up-late kitchen to make the space feel like a cozy haven, a respite from the brighter buzz of Mission Beach. The wine list runs the gamut from Cook's sparkling wine to Cristal champagne, stopping along the way at an interesting (if expensive) collection of reserves. Next door is the restaurant's serviceable sushi bar ((858) 488-7255) and two-story patio dining. Open seven days; lunch weekdays, brunch and lunch weekends; dinner until a.m. weeknights, 2 a.m. Friday and Saturday. Sushi bar open nightly, 5:30 p.m. to 10:30 p.m. Moderate.

Society Billiards Café - 1051 Garnet Avenue, Pacific Beach (858) 272-POOL (7665).

Okay, this is a pool joint, but a classy one with sidewalk seating and a decent kitchen. It has the normal appetizers - buffalo wings, nachos, potato skins -- but also dishes like chicken taquitos and veggie dip, and good salads like teriyaki chicken with French bread or pita. The French connection continues: Marc, the chef, is French and throws a mean Greek, Thai, or New York pizza, or 17 other varieties. His mesquite chicken wrap goes great with one of the many ales. And the great thing is, you can come late: the kitchen's open till 1:30 p.m. every night. Lunch, dinner. Inexpensive.

Sportsmen's Seafoods - 1617 Quivira Road, Mission Beach (619) 224-3551

Fifty years ago this restaurant-fish market was a tuna cannery, part of San Diego's late-lamented fishing industry. The same Sicilian family still owns it, and still knows everything about fish and how to cook it. The menu is devoted to the "fruits of the sea" and includes a wonderful seafood platter (shrimp, squid, clams, fish, fries, and salad). And, of course, a crispy-crunchy fish-and-chips platter. Eat outside on deck, contemplating the small ships on the bay. They buy seasonal catch from local fish boats and also sell it at their attached retail market. They're famous for smoking fish for the fishermen. Open daily, lunch/early dinner. Retail market closed Mondays. Inexpensive.

Surfside Sushi - 4527 Mission Boulevard (at Garnet Avenue), Pacific Beach (858) 273-2979

In the evenings, it's a "scene" here -- for good reason. You'll find fresh sushi, sashimi, and "California coastal cuisine," i.e., fun and flavorful fusion-y tapas, many of them going for half-price during weeknight Happy Hours. You can actually reserve for the sushi bar (it'll put you at the head of the line), where the chefs are unusually friendly. They shine on simple, pure Japanese sushi, although they make the usual "party rolls," too. Most seafood is offline quality (except the toro, which seems to have problems). For those preferring a tapas-style sit-down meal, there's a breezy, informal dining room with large windows looking out on the street, plus a small private dining room for parties. Four Japanese beers, 10 sakes available. Reservations urged for large groups. Parking is tight; just one handicapped slot in front lot. Inexpensive to low moderate.

Sushi Ota - 4529 Mission Bay Drive (at Bunker Hill Street), Pacific Beach (858) 270-5670

Mi Casa es Su Casa

South Mission Beach, San Diego, California

What becomes a legend most? At its best, this renowned sushi bar offers fish of exceptional quality, perfect tart-sweet rice, tight wraps, and disciplined creativity. These joys don't come easily. First, find the place: Driving south from Balboa, look left, and pull into the mini-mall with the large 7-11 sign (opposite Rubio's). Sit at the sushi bar to snoop on your neighbors' choices, watching for off-menu extravaganzas, e.g., sea snails cooked over flaming sugar or the irresistible "sushi sundae" (uni, toro, mountain potatoes, salmon roe). Don't miss the ama-ebi, with crisp shrimp heads atypically flash-baked (not batter-fried). Cooked dishes are dull except for chawan-mushi (custard broth with ginkgo nuts). Alas, when Ota-san's away, his elves may play -- amateurishly. Best bet: Reserve a bar seat for an early dinner Wednesdays through Saturdays, when the master is most likely to be present. Disabled access chancy; long, crowded waits unless you've reserved. Moderate.

World Famous - 711 Pacific Beach Drive, Pacific Beach (858) 272-3100

World Famous is as on-the-beach as it gets, right on PB's boardwalk. It has a covered porch, a side-slung patio, and low slung ceilings, so everything feels intimate. You sit down at varnished inlaid wooden tables, lots of diagonal timbering, and sexy blue lighting. It's often crowded and laugh loud noisy. Who's gonna be food-picky here? You, when you're paying twenty-some bucks for a steak or a piece of mako shark. The menu promises big with items like "Horseradish Crusted Salmon" and "Avocado and Pistachio Crusted Mako." If you want to beat the big prices, try the beach burger or a seared ahi Caesar salad. And the view is free. Breakfast and lunch inexpensive; dinners moderate to expensive. Open daily.