



# French toast frenzy in SD

Six restaurants in San Diego offer their unique version of the dish

By Shari Berg 10:08 A.M. SEPT. 11, 2014



French toast connoisseurs may be shocked to know that the delectable dish consisting of bread fried in butter and covered in various toppings was not actually invented in France.

In fact, the dish – which also goes by the names egg bread in Britain, torrijas in Spain and Bombay toast in Sri Lanka – was around long before France was even an official country. The earliest forms of the recipe date back to the 4th or 5th century, where it was found in a Roman cookbook called the "Apicius."

Regardless of the preparation method local foodies prefer, one thing is certain: San Diegans don't have to go very far to enjoy some of the best French toast on the West Coast. Six restaurants in San Diego offer their unique version of the dish.

[Woody's Breakfast and Burgers](#), located at 4111 Ocean Blvd., prepares a cinnamon French toast dish topped with bananas and candied pecans. Trip Advisor ranks Woody's as one of the best local restaurants for breakfast in the San Diego area.

French Toast fit for a king is what visitors to [Viva Bar + Kitchen](#) will find on the brunch menu. Prepared with a combination of brioche, orange essence and agave syrup and served with a side of seasonal fruit and whipped cream, the Viva French Toast doesn't disappoint. Viva Bar + Kitchen is located at 409 F St. Reservations are recommended by calling 619-255-2800.

The French toast with lemon mascarpone cream, blueberry jam and bacon served for brunch at [West Coast Tavern](#) offers a taste explosion for the mouth. The lemon mascarpone adds a distinct flavor to the dish. Stop by and give it a try. The restaurant is located at 2895 University Ave.

Another twist on the classic breakfast dish can be found at [La Jolla Brewing Company](#) at 7536 Fay Ave. in La Jolla. Available for brunch, the dish is prepared using challah bread soaked in a classic egg batter and topped with blueberry cream cheese, amaretto whipped cream and mixed berries. It is served with warm maple syrup.

Hankering for classic French toast paired with a side of bacon, sausage or potatoes, or a choice of fresh fruit on a Saturday or Sunday? Then head on down to [Pacific Beach Shore Club](#) at 4343 Ocean Blvd., which offers the classically-prepared dish anytime between 8 a.m. and 3 p.m.