





















n important part of what makes La Mesa special are the businesses — big, medium and small — that are owned and staffed by the families and people in this wonderful community we call home. These individuals work hard, day in and day out, to provide great food, drink, arts, entertainment, retail shopping, medical services, law advice, repair services and much, much more to locals and those not from the area visiting these establishments. One of the most exciting times of the year for us at La Mesa Courier is the unveiling of our "Best of La Mesa" issue, which puts a spotlight on those who are doing the very best in a wide range of categories. Each year, we ask the most loyal readers around to nominate what restaurants, entertainment venues, stylists, designers and other businesses and professionals stand out most to them. Once again, we received hundreds of nominations from La Mesa residents eager to share their thoughts on the most deserving candidates. We tally the votes, compile a

directory and send out the awards - many of which readers will see proudly displayed on the wall of restaurant or office. Some of these businesses have been there for La Mesa residents and out-of-town shoppers for decades. Others have only just begun to make an impact on the community but have obviously caught the attention of local consumers by doing things the right way time and time again. We encourage readers to hang on to the following Best of La Mesa section throughout the year. It can be a handy companion for the next time you go in search of an optometrist, a car mechanic, a doctor, a Mexican dinner, a craft brewery or just a simple coffee with friends. Should you disagree with any of the winners, we encourage you to keep your eyes peeled for next year's ballots and vote for the BEST OF LA MESA 2024. After all, the competition is part of the fun.

Congratulations to all winners and thank you for all you do for La Mesa!













Gold & Silver Winner Listings:

DINING & **ENTERTAIN-**MENT

Best New Restaurant

Casa Gabriela

You can taste the love at Casa Gabriela. At the core of Chef Gabriela Lopez's cuisine are traditional Mexican recipes passed down from her Grandmother reimagined with a modern, elevated presentation. Similar to the flavors on the menu, Casa Gabriela's ambiance is warm, inviting and vibrant, with splashes of color everywhere. Located in the heart of La Mesa Village, the spacious outdoor garden is the perfect place to enjoy margaritas with friends or an intimate date night for two.

8384 La Mesa Blvd, La Mesa 619-337-3445 I casagabrielalamesa.com

Best American Cuisine

Duke's Old Fashion Onion Burgers

(See listing under Best Burgers)

Best Appetizer **Curbside Eatery & Drinkery**

Curbside Eatery & Drinkery offers an eclectic dining experience in the heart of La Mesa Village. Join them for elevated bar fare, hand-crafted cocktails, and weekend brunch as you soak up the sun and enjoy the friendly and inviting atmosphere. An open-air concept offers wraparound curbside patios separated by industrial-style windows to let the light in and connect you, your friends, and your family with the action

mostly locally sourced as well as various cocktails ranging from a well-balanced Old Fashioned to a refreshing Mojito to specialty drinks and unique wines. A rotating, local beers will also tap into your sense of excitement.

8353 La Mesa Blvd, La Mesa curbsidelamesa.com | (619) 825-7759

Best Bakery Centifonti's Bar &

Restaurant

Centifonti's is an amazing Italian-American restaurant serving food & desserts in the heart of La Mesa. Centifonti's has been family owned and operated since 2005 with 25 craft beers on tap, a full bar and the best food in La

Mesa. Great atmosphere and great service make this a go to for locals. (Check the music venue for updates) 8365 La Mesa Blvd, La Mesa

centifontis.com | 619-461-4434

Best Bar

Deano's Pub

Deano's Pub is a great neighborhood bar where everyone feels welcome and strives to be a positive part of the community. Stop by for a tasty drink and sing some tunes or watch great local music. Drink specials, Happy hours, live music, pool tables and more!

5286 Baltimore Dr, La Mesa 619-439-7433 | deanospub.com

Best Barbecue

West Coast Smoke and Tap House

Welcome to West Coast Smoke and Tap House – your neighborhood pub serving great food. Enjoy a rotating

the finest brews around. In addition to the menu items you will find on their website, please check out daily specials food board as you walk into West Coast. The friendly new staff and new food items, including soups, sandwiches, and salads will keep you going back. Open for lunch, at 11:00 am, seven days a week.

6126 Lake Murray Blvd, La Mesa westcoastbbgandbrew.com 619-462-3660

Best Beer Selection

Coin Haus

Located in the Village of La Mesa, Coin Haus is a 21 and up BEERCADE offering 50 pour-your-own taps along with a full arcade. Beer aficionados will be in heaven with the variety of craft beers and ciders. Kegs are changed out constantly, giving the opportunity to taste a wide selection of unique beers. Coin Haus is for Gamers. With an arcade featuring classics such as Mario Kart, Mortal Kombat and the multi-player Pac-Man Battle Royale. Be sure to check out the Happenings page for their next arcade game tournament or gamers special.

8361 Allison Ave, La Mesa 619-741-2288 | coinhaus.com

Breakfast

Centifonti's Bar & Restaurant

(See listing under Best Bakery)

Best Brewery

Helix Brewing Company

Helix Brewing Company began in La Mesa with roots in homebrewing motivated by science, dedicated to adventure, and built by community. Helix beer is formulated in the mind whether it be on a long swim in the

of the surrounding neighborhood. draft beer selection featuring some of ocean or on a trail run with the dog. Enjoy hand-picked, fresh cuisine that is the finest brews around. In addition to Helix will always push beers to new levels just as we do with our own life adventures.

> 8101 Commercial St, La Mesa (619) 741-8447 drinkhelix.com

Best Brunch

Curbside Eatery & Drinkery (See listing under Best Appetizer)

Best Burger

Dukes Old Fashioned Onion Burgers

Dukes Old Fashioned Onion Burgers brings Oklahoma-style cheeseburgers to La Mesa. A single onion burger, with everything on it, including house-made pickles and pickled jalapeños. The burger patties are formed smash-burger style, meaning a ball of ground beef is pressed on a hot griddle, creating a thin, irregularly shaped patty with a high char ratio. While this style has become fairly widespread in San Diego, what makes it an onion burger is when the burger gets flipped, a big mass of sizzling, finely sliced onion cooks down between burger and flat top.

5020 Baltimore Dr, La Mesa dukesoldfashionedonionburgers.com 619-439-6177

Best Burrito

El Azteca

El Azteca in La Mesa may be a no-frills strip mall joint, but they serve up nononsense burritos, tacos, and enchiladas, with its enormous California burrito being the standout. The salsa is great and restaurant is clean and there is always parking.

8306 Parkway Dr, La Mesa 619-466-4113

Best Cafe

Sheldon's Service Station

Cool in the summer and warm in the winter. Enjoy breakfast and lunch on a large outside patio. They have plenty of shade to keep you cool in the summer and heaters to keep you warm and tasty during the winter months. The location is cozy and the food and service is great.

8401 La Mesa Blvd, La Mesa (619) 741-8276

Best Casino

Sycuan Casino Resort

From local acts to big stage entertainment, there is always a live show to catch at Sycuan! Local awards for Sycuan include Best Entertainment Venue, Best Staycation Location, Best Live Music Venue, Best Day Spa and more.

5469 Casino Way, El Cajon sycuan.com | 619-445-6002

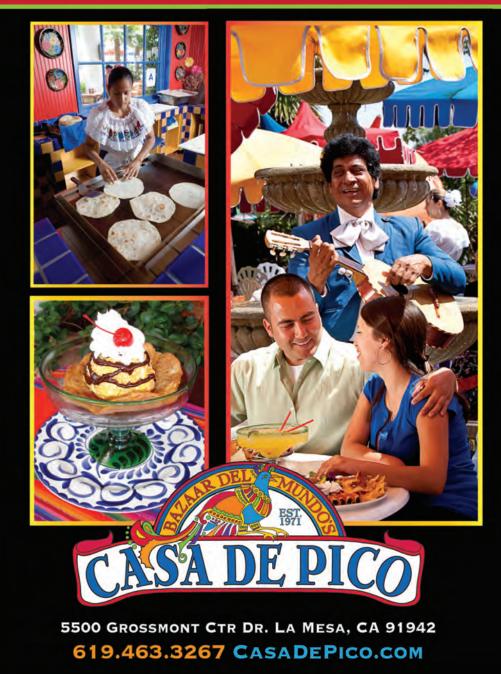
Best Casual Dining Curbside Eatery & Drinkery

(See listing under Best Appetizer)

Best Coffee Shop (tie) **Brew Coffee Spot**

Brew Coffee Spot uses award-winning coffee that is 100% certified organic (from roaster in San Diego), ethically sourced, and scientifically roasted using standards established by the SCAA. Their menu also features multiple teas, flavored kombuchas, kefir cold-pressed juices, artisan breads, quiches, pies, pastries, freshly made paninis, acai and coconut yogurt bowls, veggie and many vegan options.

6101 Lake Murray Blvd, La Mesa brewcoffeespot.com | 619-713-6698



Thank You La Mesa!

- Casa De Pico -

In The La Mesa Courier's "Best Of La Mesa" Awards

- **+ BEST MEXICAN CUISINE**
- + BEST MARGARITA
- * BEST DINNER





Congratulations to the following businesses who were chosen by the readers of the La Mesa Courier.

The business categories were published in ballot form over a period of 6 weeks. Readers were asked to cast ballots for their favorite choices. This was no simple task! With more than 100 categories, our readers came through with overwhelming response. We wish to thank all the readers who took the time to recognize these businesses which do so much to make La Mesa such a wonderful community.

Dining Best New Restaurant American Appetizei Bakery Bar Beer Selection Breakfast Brunch Burger Burrito Cafe Casino Casal Dining Coffee Shop Chinese Desserts Dinner Fine Dining Fish Taco Happy Hour

Ice Cream/Frozen Yogurt Irish Pub Italian Japanese **Juice Bar** Live Music Lunch Margarita Martini Mediterranear Patio Dining Pet Friendly Pho Poke Sandwich Seafood Sports Bar Steak

Retail

Sushi

Vegetarian

Wine Bar

Wings Accountant Acupuncture Antiques Art Gallery Auto Dealer Auto Repair Bank Barber Bike Shop Billards Boutique Car Wash Childcare Chiropractor Computer Repair Consignment Retail / Clothing Consignment Retail / Furniture Cosmetic Services Credit Union Day Spa Dentist Dermatologist Dispensary Dry Cleaner Financial Planne Florist Furniture Garden Supply Hardware Store Gift Shop Hair Salon Health Food Store Homecare/Caregiver Hospital Insurance

Iewelry Locksmith Manicure/Pedicure Massage Martial Arts New Business Office Supply/Shipping Optometrist Personal Trainer Pet Boarding/Day Care Pet Groomer Pet Sitter Photographer Physical Therapist/Rehab Pilates Plumber Pool Service Real Estate Agent Real Estate Office

Retirement Living

Supplement Store

Waxing/Threading

Tanning Salon

Tutoring

Veterinarian

Yoga Studio

Gold

Casa Gabriela **Dukes Old Fashion Onion Burgers** Curbside Eatery & Drinkery Centifonti's Bar & Restauran Deano's Pub West Coast Smoke and Tap House Coinhaus Centifonti's Bar & Restaurant Helix Brewing Co. Curbside Eatery & Drinkery **Dukes Old Fashion Onion Burgers** Sheldon's Service Station Sycuan Casino Resort Curbside Eatery & Drinkery Brew Coffee Spot/Public Square Coffee House Wong's Golden Dragon Trolly Stop Deli Centifonti's Bar & Restaurant Casa Gabriela Sunny Donuts Anthony's Fish Grotto

Centifonti's Bar & Restaurant Himalayan Hooley's Little Roma Restaurant Banbu Sushi Bar & Grill Jamba Juice – Grossmont Deano's Pub Curbside Eatery & Drinkery Casa de Pico Curbside Eatery & Drinkery Petrinos Greek Restaurant Anthony's Fish Grotto Curbside Eatery & Drinkery Pho Super Bowl Konnichiwa Sushi & Bar Surf Rider Pizza Company Trolly Stop Deli Anthony's Fish Grotto Riviera Supper Club Banbu Sushi Bar & Grill Hug Thai Express San Pasqual Winery

Johnny B's Burgers, Brews & Spirits

City Tacos Village Taqueria

Petrinos Greek Restaurant

Deano's Pub

Mc Rea Woodson & Associates, Inc Full Circle Acupuncture David A's Estate Antiques Nainsook Framing & Art Bob Stall Chevrolet John's Automotive San Diego County Credit Union Boulvard Barber & Shave Trek Deano's Pub Uneeke Boutique / Sara's Boutique Aqua Clean Car Wash Europa Family Child Care Essential / A Chiropractic Studio Pacific Computer Services The Consignment Shack The Upper Hand Spa San Diego County Credit Union The Upper Hand Spa Great Smiles of La Mesa The Reserve Mart Cleaners LPL Financial Services La Mesa Floral Design Shoppe Mattress Makers Dixieline Lumber Dixieline Lumber Amethyst Moon Will Power Community Fitness Cultivate Hair Love Design Frazier Farms Sharp Grossmont Webster Insurance Noble Locksmith The Upper Hand Day Spa. The Upper Hand Day Spa Jiu Jitsu Foundation Dr. Pilates Postal Annex, La Mesa

Dr. Phillip Levy – Vision and Eye Care Exams

Ideal Plumbing, Heating, Air & Electrical

Jim O'Donnell – Realtor / Andera Flint-Gogek

United Real Estate / Tranquility Real Estate

Work Out With Kirk

The Doggy Detailer & Self Wash

CeCe Cantón Photography

La Mesa Pulmonary Rehab

The Dog Society

Doggie Dos

Dr. Pilates

Payan Pool Service

Grossmont Gardens

After Glo Beauty Lounge

La Mesa Pet Hospital

Corepower Yoga

After Glo Beauty Lounge

Classic Alterations & Tailoring

Frazier Farms

Mathnasium

Silver

Mastiff Kitchen Curbside Eatery & Drinkery Casa Gabriela La Mesa Bistro & Bakery Curbside Eatery & Drinkery Pioneer BBQ Deano's Pub Swamis Café La Mesa Bolt Brewery & Beer Garden Sheldon's Service Station Johnny B's Burgers, Brews & Spirits Casa Gabriela Swamis Café La Mesa Barona Little Roma Pink Rose Cafe Chopsticks Inn Restaurant D Z Akin's Casa Gabriela Anthony's Fish Grotto Yum Yum Donu Brigantine Seafood & Oyster Bar Casa Gabriela JK Greek Cafe Johnny B's Burgers, Brews & Spirits The Yogurt Mill of La Mesa Yak and Yeti

Aromi Italian Cuisine Konnichwia Sushi & Bar Natural Delights La Mesa Wine Works Boss Bird Kitchen Casa Gabriela Johnny B's Burgers, Brews & Spirits Casa Gabriela The Grill at Vine Rip Casa de Pico Anthony's Fish Grotto Phra Ram # 9 Banbu Sushi Bar & Grill D' Amatos Pizza Curbside Eatery & Drinkery Brigantine Seafood & Oyster Bar Johnny B's Burgers, Brews & Spirits Brigantine Seafood & Oyster Bar Konnichwia Sushi & Bar Tamarid Thai Hug Thai Express La Mesa Wine Works Pioneer BBQ

Retail

Pauley & Wilson CPA Melanie A. Culp. LAC La Mesa Antiques Porter Hall Gallery McGovern Law Group Team Kia Tune Craft La Mesa La Mesa Barber Shop Pedal Pushing Bicycle Shop On Que Billards Rustica Boutique Soapy Joes St. Andrews La Mesa Spine Center Tech 2 U Looks Better on Me

Little Lash Shop

California Coast Credit Union Spa Piel Village Dental Checkup Grossmont Dermatology Medical Clinic Lit La Mesa Lena's Alterations & Dry Cleaning Edward Jones - Donaven A. Yousif The Floral Craft The Corner Store San Carlos Hardware La Mesa Lumber Small Batch Honey & Hive Salor Windmill Farms Kaiser Permanente Erickson Insurance Agency Inc. You Jewelers & Boutique Adams Locksmith Spa And Co Nail Salon Bodywork by Bobbi Wellness Center White Dragon Martical Arts - La Mesa Blossom & Bloom Dance School She's The Shipper La Mesa Vision Care Stevie Lynn Pilates Doggie Dos Doggie Dos Pet - Tenders Katy Johnson Photography La Mesa Physical Therapy Stevie Lynn Pilates East County Pool Service Zandra Ulloa - Realtor The Montera / Westmont of La Mesa Sprouts Lilv's Alterations

Hot Topics Spray Tan

Grossmont College

Helix Pet Hospital Little Lash Shop

Helix Yoga

Public Square Coffee

People are busy. We spend a majority of our days bumping into one another without noticing. Our eyes are on phones and our noses in laptops, working, staying busy, and attempting some semblance of relationship. Truth is, we're not actually connecting at all. Not authentically. We believe that people need a more genuine type of contact... Something real. Public Square is a place for exactly that: a place to see and be seen, a place to hear and be heard, and a place to serve and be served. We will do this in three ways: coffee, culture, and cause.

8278 La Mesa Blvd, La Mesa 619-777-8273

Best Chinese Cuisine Wong's Golden Palace

Wong's Golden Palace is a cornerstone in the La Mesa community and has been recognized for its outstanding Chinese cuisine, excellent service and friendly staff. They are known for its modern interpretation of classic dishes and its insistence on only using high quality fresh ingredients.

7126 University Ave, La Mesa wongsgoldenpalaceca.com 619-465-9222

Best Deli

Trolley Stop Deli

Trolley Stop Deli has striven to create the sandwiches, soups, salads, wraps, and other items using only quality ingredients. Everything on the menu is made fresh. This and the loyalty of customers is what keeps customers coming back.

8150 La Mesa Blvd, La Mesa trolleystopdeli.com 619-697-3354

Best Dessert

Centifonti's Bar & Restaurant

(See listing under Best Bakery)

Best Dinner

Casa Gabriela

(See listing under Best New Restau-

Best Donuts

Sunny Donuts

You've heard the story of Goldilocks and the Three Bears-this basically sums up the yummy donut selection at Sunny Donuts. Always just right. 4199 Spring St., La Mesa

sunnydonuts.com | 619-464-7566

Best FineDining Anthony's Fish Grotto

Anthony's Fish Grotto La Mesa is East County's premier spot to entertain family and out of town guests this holiday season. The gorgeous location is nestled on a private pond and was just awarded a "Keep La Mesa Beautiful" commendation for its lush landscaping. This local icon is renowned for its large selection of fresh seafood dishes, famous seafood salads, delicious cocktails, and a well-priced wine list. The location also offers multiple menu options and venues for group dining and banquets, as well as its own fresh seafood retail market. The retail market offers a great selection of handpicked seafood, and also locally popular pre-made and ready-made holiday and game-day seafood party platters. Anthony's was started by Catherine "Mama" Ghio in 1946 and is still family owned and operated by her grandchildren. Her recipes and sauces are still closely held secrets made to the same exacting standards she demand-

ed 70 years ago. 9530 Murray Dr., La Mesa

anthonysfishgrotto.com 619-463-0368

Best Fish Taco

City Taco Village Tagueria

This Taqueria has turned up the heat on innovative, delicious and unique bites. They prepare fresh Mex as it should be... "con sazón!" You'll find a special blend of positivity and seasoning here that makes the food pop! Born in San Diego's North Park neighborhood-proudly serving the community of La Mesa. They are dedicated to combining traditional recipes with SoCal flavor to make their tacos unique. Meat, fish, vegetarian, even Paleo offerings offer something for every taste. Dishes can also be topped with a variety of salsas. At the end of the day, they believe that food should be a celebra-

8325 La Mesa Blvd, La Mesa(619) citvtacossd.com

Greek Cuisine

Petrino's Greek Restaurant

This Greek restaurant is not an Americanized eatery. If you'd like to experience traditional Greek food and recipes that go back generations—this is the place to go. You'll enjoy food that's authentic and tastes as if it came straight from Greece. Everything is entirely homemade, and they've been serving dishes that have come straight from family favorite recipes. It's so good you may want to break a plate and dance!

8302 Parkway Dr, La Mesa greekrestaurantlamesa.com 619-741-7721



Happy Hour Deano's Pub

(See listing under Best Bar)

Best Ice Cream/Frozen Yogurt

Centifoni's Bar & Restaurant

(See listing under Best Desserts)

Best Indian Cuisine Himalayan Cuisine

Located on the corner of El Cajon Boulevard and Baltimore Drive, the Himalayan can add a little spice to your life.Try a variety of wonderful Indian, Nepalese and Tibetan dishes which are healthy and kind to those who are watching their weight. If you are a vegetarian, this is the place for you as well. Private events, weddings, business

lunches, dinners, cocktail receptions, and more available.

7918 El Cajon Blvd, La Mesa himalayancuisineone.com 619-280-4048

Best Irish Pub

Thank You

La Mesa

For Voting Us

Best Greek &

Mediterrean

Since 1946

Hours: Mon - Sat 11AM - 10PM; Closed - Sunday

619-741-7721 · 8302 Parkway Dr. La Mesa

Hooleys Irish Pub

Enjoy authentic Irish pub food and drinks at Hooleys Public House at the Grossmont Center in La Mesa. Hooleys Public House is a family-run business built on Irish "fayre" and great beer! The pub goes above and beyond with its scratch kitchen, which turns out delicious items such as fish and chips, Irish stew and its famous corned beef. The full bar offers whiskey and Irish beers, as well as wines and craft beers on tap. With a family-friendly atmosphere, excellent customer service, and private dining rooms, Hooleys Public House is

La Mesa COURIER

BEST

ideal for a party or special event. 5500 Grossmont Center Dr. #247 hooleys.com | 619-713-6900

Best Italian Cuisine Little Roma

"When you'd like to treat yourself to some delicious Italian food, visit Little Roma Restaurant. Little Roma provides delicious and authentic dishes in a friendly atmosphere. They have timetested, authentic recipes and the freshest ingredients possible — including everything from pasta, sandwiches, seafood, and more. So, take the family out for a nice dinner or treat your date to some delicious Italian pasta and

5575 Baltimore Dr. #104, La Mesa littleromapizzamenu.com 619-461-7000

Best Japanese Cuisine

Delightful food with an oasis patio, and abundance of food options for everyone. Locals are raving about the won-

8555 Fletcher Pkwy # 106, La Mesa

Best Juice/Juice Bar

Committed to making eating better eas-

smoothies, delicious bowls with fresh fruit toppings, to protein-packed food and on-the-go snacks. Come visit us at 5500 Grossmont Center Dr. in La

5500 Grossmont Center Dr, La Mesa jamba.com | 619-460-7177

Best Live Music

Deano's Pub

(See listing under Best Bar)

Best Lunch

Curbside Eatery & Drinkery

(See listing under Best Appetizer)

Best Margarita Casa de Pico

Excellent service, vibrant atmosphere, delicious cuisine and refreshing beverages – it's no wonder Casa de Pico has been named "Best Mexican Cuisine" and "Best Margarita" by La Mesa Courier readers, six years in a row! The restaurant has implemented all required health and safety measures, including expanding its outdoor patios - which were already the most beautiful in all of East County. Whether you're dining in or ordering takeout - let Casa de Pico turn your day into a fiesta!

5500 Grossmont Ctr Dr. La Mesa casadepico.com 619-463-3267

✓ BEST DINNER

Check out our

YOU VOTED US TO WIN

✓ BEST PATIO DINING

Best Martini

Curbside Eatery & Drinkery

(See listing under Best Appetizer)

Best Mexican Cuisine Casa de Pico

(See listing under Best Margarita)

Best Mediterranean

Petrino's Greek Restaurant

They are a Greek family-owned and operated restaurant. You can expect the freshest, most authentic Greek food you'll find in La Mesa. This Greek restaurant is not an Americanized eatery. Instead, they focus on authentic recipes that go back generations. All of

the food is prepared using the freshest

ingredients ensuring that you'll enjoy

something that tastes like it was home-

made in Greece. 8302 Parkway Dr, La Mesa 619-741-7721 petrinosgreekrestaurant.com

Best Patio Dining Anthony's Fish Grotto

(See listing under Best Fine Dining)

Best Pet Friendly Dining **Curbside Eatery & Drinkery**

(See listing under Best American)

Best Pho

Pho Superbowl

This is the reader choice for Best Pho and other Vietnamese cuisine. Prices are fair, place is clean, service is friendly. Let's go!

8342 Parkway Dr, La Mesa 619-401-0906

Best Poke

Konnichiwa Sushi & Bar

This is not your ordinary Sushi Bar! This is a high energy pop inspired world-calling this rockin' sushi" would be an understatement. Come in and have a blast!

8350 La Mesa Blvd., La Mesa konnichiwa-sushi.com 619-466-6446

Best Pizza

Surf Rider Pizza Co.

Surf Rider Pizza Co. is popular beachside pizzeria. On the menu, pizza enthusiasts will find 18-inch, cheesy pies like the Bacon Rider and Spicy Vegetarian, plus salads, Stromboli and cheesesteaks. There's also an in-house bakery that offers sweet treats like fullsized cakes, pastries and desserts. When Surf Rider Pizza Co. opened its first location, the site was also home to an old bakery, which inspired the addition of fresh-baked goods to the menu. This marks the fourth location of its kind, and the only Surf Rider inland. 8381 La Mesa Blvd, La Mesa 619-340-1270

Best Sandwich **Trolley Stop Deli**

(See listing under Best Deli)

Best Seafood

Anthony's Fish Grotto

(See listing under Best Fine Dining)

Best Sports Bar Deano's Pub

(See listing under Best Bar)

Best Steakhouse Riviera Supper Club

Riviera Supper Club is proud to be La Mesa's original grill-your-own steakhouse and bar. It's classy. It's old school. You won't find any steakhouse like it in San Diego. It's Riviera Supper

7777 University Ave, La Mesa 619-713-6777 rivierasupperclub.com

Banbu Sushi Bar & Grill derful selection and flavors.

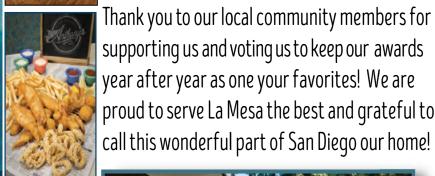
banbusushi.com | 619-589-0071

Jamba Juice-Grossmont

ier and more fun. Try our plant-based



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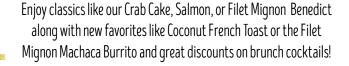
CHECK OUT OUR NEW WEBSITE! SCENIC OUTDOOR & PATIO DINING **DOG-FRIENDLY SEATING & FACILITIES** HAPPY HOUR MON-THURS 3-5:30PM LUNCH SPECIALS MON-SAT TIL 4 PM

RETAIL MARKET WITH CHOWDER TO-GO & DAILY DELIVERED FRESH SEAFOOD

CONVENIENT & FREE PARKING

619.463.0368 9530 Murray Drive, La Mesa 91942





NOW OPEN AT 10:30 AM ON SUNDAYS



Best Sushi

Banbu Sushi Bar & Grill

Since opening in 2008, Banbu Sushi Bar & Grill has been committed to providing guests with the highest quality sushi and Japanese fusion cuisine in La Mesa. They carefully select locally sourced produce, the freshest seafood available including various wild caught options, free range/grass fed meats, and seek to incorporate as many organic non-GMO ingredients as possible. The menu features traditional sashimi and nigiri, beautiful specialty rolls, and hearty classics such as teriyaki bowls and ramens. In addition to the top quality of our menu, Banbu boasts a unique casual-chic atmosphere that is accentuated by a modern and comfortable design with a gorgeous outdoor patio. We also offer a full bar featuring a large array of sakes, craft beers on tap, and happy hour offered daily.

8555 Fletcher Pkwy Ste 106, La Mesa 619-589-0071 | banbusushi.com

Best Thai Cuisine

Hug Thai Express

HUG THAI EXPRESS is simply the goto-restaurant for people seeking to enjoy the best of Thai dishes. The staff is friendly and the restaurant has been beautifully designed to accommodate by in the Village of La Mesa and down-

families, couples as well as individuals who want to enjoy freshly made Thai food. Enjoy the best Thai appetizers, Pad Thai, curry, Som tum, and more.

5575 Baltimore Dr #112, La Mesa hugthaiexpress.com 619-613-9113

Best Vegetarian/Vegan El Vaginito

When have you heard of a Mexican resaurant serving 100% Plant-based Mexican food? El Vaginito has become the go to for a healthy choice located in the food court of the Grossmont Center 5500 Grossmont Center Dr. La Mesa 619-303-7247

Best Wine Bar

San Pasqual Winerv

San Pasqual Winery is a small, family owned winery located in La Mesa, California – about 15 miles east of San Diego. Although the namesake dates to the 1970's when it was located in the San Pasqual Valley, the winery was later "reinvented" as San Diego's first urban winery, earning it a spot on Sunset Magazine's list of "Hot 100 West Coast Trends." The winery is now located in the industrial area of La Mesa, with offsite tasting rooms near-

town San Diego at Seaport Village. UPS. In-person meetings are available With annual production ranging from three to four thousand cases, most of our wine is sold directly from the winery and tasting room locations, allowing a more personal connection with the people who enjoy our wines.

8364 La Mesa Blvd, La Mesa 619-462-1797 | sanpasqualwinery.com

Best Wings

Johnny B's Burger, Brews, & Spirits

Welcome to Johnny B's Burgers, Brew & Spirits. Voted the best choice for Best Wings in La Mesa. Their friendly atmosphere will certainly make you feel right at home! Since 1999, Johnny B's has been serving up great wings, burgers, delicious drink specials, and a "just like home" atmosphere that keeps guests coming back, week in and week out. With 25 HDTVs and two outdoor dining patios, Johnny B's Burgers, Brew & Spirits is the place to be when game day rolls around!

8393 La Mesa Blvd, La Mesa johnnybsburgersandbrew.com 619-464-2465

BUSINESS & RETAIL

Best Accountant

McRea Woodson & Assoc.

Accounting, Bookkeeping, Tax Services and more. McRea Woodson & Associates will continue to keep their physical office closed to the public. They remain open and accessible for business through email, a secure client portal. telephone, Zoom, US Mail, FedEx and

only after reviewing the ever-changing circumstances of the pandemic and by appointment only!

8274 La Mesa Blvd, La Mesa (619) 462-1900 | mwa-cpa.com

Best Acupuncture **Full Circle Acupuncture**

Acupuncture has been proven to improve mood, sleep, digestion, immunity and muscle recovery. Decreases stress, anxiety and pain. Full Circle Acupuncture lies in being a guide to those searching to heal. They love working with patients who are iust as passionate about improving their health. When working together the healing journey can be much more profound.

7866 La Mesa Blvd., La Mesa Fullcircleclinic.com | 619-469-2027

Best Antiques

David A's Estate Antiques

David has been an antique collector and dealer for 30 years and a certified appraiser through the Ashford Institute of Antiques. His parents were antique collectors and artists. Their interests gave him the desire to enjoy and pursue his dreams. David lived in Europe for four years, which helped broaden his knowledge of antiques on a world-wide scale.

8806 La Mesa Blvd, La Mesa 619-889-7387 | davidaantiques.com

Best Art Gallery

Nainsook Framing + Art

Their careful approach to framing is what sets them apart. They specialize in the use of conservation framing techniques that will last for generations. The designers at Nainsook will present as many options necessary until you're certain it is perfect for you!

8130 La Mesa Blvd., La Mesa nainsookframing.com | 619-303-8060

Best Attorney

Family Law San Diego

Family Law San Diego is a full-service family law and divorce law firm in San Diego that is devoted to coming up with customized solutions to fit the unique needs of families. Family Law firm has been serving the community since 1990. They have a team of attorneys with decades of legal experience combined and possess the skills, resources, and knowledge to handle virtually any case. Always approachable and understanding. Let them empower you to make the choice that is right for you..

7777 Alvarado Rd. #413, La Mesa familylawsandiego.com | 619-448-6500

Best Auto Dealership

Bob Stall Cheverolet

Whether you're looking to buy a new or used car, we simplify the car shopping experience. Their salespeople are friendly, helpful and informative, and they're here to find a great deal on the car or truck that's right for you. They'll do anything we can to make it easy to buy a car, including delivering it to your home, if that's what you need. There'll be no high-pressure sales at Bob Stall. Shop Bob Stall first for an awesome shopping experience.

7601 Alvarado Rd, La Mesa bobstall.com | 619-512-5034

Best Auto Repair Shop John's Automotive

John Eppstein founded John's Automotive Care on April 1st, 1998. For more than a decade, their team of auto mechanics has been trusted to take care of drivers throughout San Diego. At the young age of 5, John Eppstein, the owner of John's Automotive Care, was already enthralled with the inner workings of machinery. From working as an









auto mechanic at a gas station to now owning an auto repair shop with a total of 11 bays, John has loved every minute of it. It doesn't matter if he is interacting with his customers or developing a capable team of auto mechanics. John cherishes the time he spends at his shop. He listens to his team, his customers and especially to the purr of a car engine to ensure each component of his operation is firing on all cylinders. John's Automotive Care is an auto repair shop founded on principles of innovation, determination and heart. 7447 University Ave, La Mesa

619-403-9426 johnssandiegoautorepair.com

Best Bank

San Diego County Credit Union

San Diego County Credit Union (SDCCU) has been in business since 1938 and today offers its financial services to over 285,000 native San Diegans. Not only have they served San Diego for nearly a hundred years, they are also locally owned and the leading economic establishment in the area. Checking and savings accounts, mortgage loans, auto loans, online and mobile banking, and investments are readily available.

2245 Fenton Parkway, 92108 sdccu.com | 877-732-2848

Best Barber

Boulevard Barber & Shave

In November of 2021, Azaleah Ashmore took the step from lead barber to owner and purchased Boulevard Barber and Shave from original owner, Kristy Allenson, who retired to travel the country. Azaleah Ashmore, a licensed Barber and Cosmetologist, has been in the field for over 20 years. She has always wanted to own a barber shop and looks forward to providing

the same outstanding customer service with a little bit of fun and flare.

8283 La Mesa Blvd, La Mesa 619-464-6500 | boulevardbarber.com

Best Bike Shop

Pedal Pushers

Full service and repair, parts and accessories, and a wide selection of new bikes from Fuji and more!

6969 El Cajon Blvd, San Diego 619-460-0760

Best Billiards

Deano's Pub

The most fun under one roof! Specialty drinks, pool, live music and dancing, big screen sports specials, Bingo and Trivia nights... You'll love every night at Deano's. Check out the daily calendar for more events and fun!

5286 Baltimore Dr, La Mesa 619-439-7433 | deanospub.com

Best Boutique

Uneeke Boutique

A women's clothing and accessory store in La Mesa, offering unique pieces in different styles, sizes and colors at affordable prices. Sweet!

4674 Nebo Dr, La Mesa facebook.com/UneekeBoutique 619-825-9487

Best Car Wash

Aqua Clean

Deluxe Car Wash, Express Wash, Express Lube & Oil Changes all in once convenient location.

7959 Parkway Dr, La Mesa aquacleancarwash.com | 619-698-6775

Best Child Care

Europa Family Child Care

Europa Family Child Care will make sure your child receives well-rounded care while he/she is at their facility. With a full schedule of activities that stimulate the mind and body, your child will never have a dull moment. Their curriculum is always age appropriate and ensures that your child has a fantastic, educationally enriching time—offering plenty of play time. Full-or part-time and evening care.

5815 Marengo Ave, La Mesa europachildcare.com 619-713-5084

Best Chiropractor Essential / A Chiropractic Studio

Essential Chiropractic Studio defines a new standard in Chiropractic care for families and pediatric patients seeking a wellness lifestyle. They understand that your body is designed to be both self-healing and self-regulating. The nervous system (your brain and spinal cord) actually controls this healing and regulating process. Chiropractors work with your spine and your nervous system to ensure both are working optimally. Often, the benefit to an optimally functioning nervous system is an optimally functioning body free of pain and symptoms. They are eager to partner with you to provide gentle chiropractic care, empowering education, and lifestyle support as an important part of maintaining your family's healthful lifestyle.

7880 La Mesa Blvd, La Mesa 619-797-6117 lamesachiropractors.com

Best Computer Repair

Pacific Computer Services

Pacific Computer Services is your residential computer service in the greater San Diego area. Military Discounts.

Pacific Computer Services 619-784-6045

Best Consignment Retail/Furniture

Consignment Shack

It's just like an estate sale store. New items added daily. You truly never know what you'll find! New Vinyl Records arrive every Friday. Stop in to find your treasures.

7835 El Cajon Blvd, La Mesa 619-460-1822 theconsignmentshack.com

Best Consignment Retail/Clothing

Act II Resale

Act II Boutique, selling gently used womans clothing, shoes, workout wear, handbags, jewelry and more.

8243 La Mesa Blvd, La Mesa (619) 698-2392

Best Cosmetic Services The Upper Hand Spa

The Upper Hand Spa's philosophy is to serve, empower and inspire each other, guests and the community while exceeding expectations in your spa care needs. Established in 2006, the Upper Hand is a spa nestled at the foothills of Mt. Helix offering transformative luxury pedicures, natural manicures and gel polish, facials, back treatments and full body waxing. Products are vegan and cruelty free .

9461 Grossmont Summit Dr, Ste. D, La Mesa | 619-741-4166 theupperhandspasalon.com

Best Credit Union San Diego County

Credit Union (Gold Winner)

San Diego County Credit Union is San Diego's largest locally-owned financial institution. With over \$8.3 billion in assets, SDCCU is a not-for-profit credit union wholly owned and operated by

its members. Unlike most other financial institutions, like big banks, SDCCU does not issue stock or pay dividends to outside stockholders. Instead, earnings are returned to members in the form of lower loan rates, higher dividends on deposits or lower fees.

8555 Fletcher Parkway, La Mesa sdccu.com | 877-732-2848

California Coast Credit

Union (Silver Winner)

Members come first at California Credit Union. CCU consistently satisfies the needs of their members through our personalized touch and the products and services they provide.

8002 La Mesa Blvd, La Mesa 858-495-1600

Best Day Spa

The Upper Hand Spa

Welcome you to The Upper Hand Spa, a peaceful, clean, ambient environment where a team of highly trained passionate professionals create an over the top experience. All services are personalized for real results for glowing skin and healthy nails and feet using only the highest quality, cruelty free spa products. Come as you are and know you will be treated with the greatest respect as we are inclusive of all people.

9461 Grossmont Summit Dr, Ste D, La Mesa | 619-741-4166 theupperhandspasalon.com

Best Dentist

Great Smiles of La Mesa

Great Smiles is committed to delivering only the highest quality of dental care. The office offers a range of dental services including preventive, restorative and even cosmetic under one roof for patients of all ages, from infants to the elderly. Great Smiles utilizes only the latest, most advanced technology and

Europa Family Child Care is proud to announce that we won The Gold Winner for Child Care in La Mesa for the third time in a row. We are extremely grateful for a community that supports and loves us, and appreciate each and every one of you guys. We are also appreciative to be given this opportunity from La Mesa Courier. We, Europa Family Child Care, are



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8893 La Mesa Blvd A, La Mesa Greatsmileslamesa.com 619-466-4448

Best Dermatologist

Dr. Maki C. Goskowicz

After graduating from Stanford University, Dr. Goskowicz attended Washington University School of Medicine, where she earned her medical degree. She completed her internship at Mercy Hospital in San Diego, and residency program in Dermatology at the University of California San Diego Medical Center, where she was Chief Resident.

In addition to her interest in general dermatology, Dr. Goskowicz enjoys performing non-surgical cosmetic treatments to help her patients feel more satisfied with their skin. She is known for her skill with Botox and dermal fillers, as well as her proficiency in laser skin rejuvenation procedures.

8860 Center Dr # 300, La Mesa grossmontdermatology.com 619-462-1670

Best Dispensary

The Reserve

The Reserve is La Mesa's premier allinclusive cannabis boutique. Its experienced and knowledgeable staff help

customers find some of the best flower, in good hands at Mart Cleaners. concentrates, edibles, tinctures, topicals, and cartridges in San Diego.

8744 La Mesa Bivd., La Mesa Reservesd.com 619-373-7473

Best Dry Cleaner

Mart Cleaners

Mart Cleaners same day dry cleaning service now Tues and Fri only due to Covid. Family owned and operated with on-site cleaning facility and offer services for all your dry cleaning needs. They specialize in leather, suede, fur, wedding dresses, and pageant dress cleaning. You know you're clothes are

8733 La Mesa Blvd, La Mesa 619-466-9197

Best Electrician Company Ideal Plumbing, Heating, Air & Electrical

Ideal Plumbing, Heating, Air & Electric has been trusted by San Diego since 1960. Ideal is more than just a company that installs and repairs your plumbing, heating, air, or electrical. We believe in service excellence, demonstrated in high moral standards and business ethics since the company's inception.

5161 Waring Rd, San Diego, CA 92120 idealservice.com | (619) 583-7963

Best Financial Planner **LPL Financial Services**

At LPL, they believe in the value of advice and in freedom of choice. Financial advisors and firms choose how they work with us, what support they need, and how they deliver advice. It's what's best for the industry and the investor.

1 (800) 877-7210

Best Florist

La Mesa Floral Design Shoppe

Owner, Joannie Ham, is a floral and event artisan. She has been creating special memories for weddings, large corporate events, inaugurations, and private parties for 26 years. Her floral designs can be described from traditional and classic style to edgy and eclectic "one of a kind" floral art. Joannie's philosophy is to work closely with her clients to best represent the culture and vision they have for the event experience they are creating.

8759 La Mesa Blvd, La Mesa Imflorals.com | 619-966-4510

Best Furniture

Mattress Makers (Gold Winner) It started in the 60's when "grandpa" started a small mattress factory near downtown San Diego. These were the good ole' days when natural materials were naturally used. Before the gels, memory foams, air beds, "no flip" and "bed in a box" mattresses gimmicks. These guys really know their mattresses, let them help you make the best decision you won't lose sleep over.

8366 La Mesa Blvd, La Mesa mattressmakers.com | 619-303-9505

The Corner Store (Silver Winner) Antique furniture & eclectic home décor located in the heart of La Mesa. San Diego's only Annie Sloan Chalk Paint vendor selling paint, wax, and accessories.

8366 La Mesa Blvd, La Mesa thecornerstorelamesa.com 619-222-1911

Best Garden Supply

Dixieline Lumber

The center sales counter is the hub of activity in each Dixieline Home Center, where you will find expert advice, service and help with project planning. You'll appreciate the personal attention you'll receive from our friendly sales staff. Each home center has a complete lumberyard with the capability to cut and mill lumber to your specifications. They have a fleet of trucks which can conveniently deliver materials to your home or job site.

8372 Center Drive, La Mesa dixieline.com | 619-465-4242

Best Hardware Store

Dixieline Lumber

(See listing under Best Lumber)



Thank You La Mesa **For Voting Best Of!**

8759 La Mesa Blvd. La Mesa 619-966-4510





La Mesa, Ca 91942





Best Gifts

Amethyst Moon

When you walk into Amethyst Moon you immediately feel calm and relaxed. This mystical and spiritual gift shop with a wellness center is habit forming to say the least. With 2200 sq. feet of shopping and services you will have plenty to do. While enjoying fragrances of quality incense, candles & essential oils you can chose from energy packed rocks and crystals from around the world. Spiritual statuary, white sage, singing bowls and sterling silver jewelry are abundant here. Workshops, meditation and classes cover a wide variety of self-help subjects and divination. They are always adding something new. You will always feel better after a visit to Amethyst Moon.

8329 La Mesa Blvd, La Mesa 619-464-6666 shopamethystmoon.com

Best Gym/Workout Studio Willpower Community **Fitness**

Will Power Community Fitness brings back the old-school, hometown gym. They are rooted in the belief that everyone's definition of fitness is different. but the work we put in gives us all something in common. The goal is to provide an alternative to the big, soulless corporate gyms. With this you can enjoy a welcoming, diverse and friendly atmosphere where members come first, pride of ownership matters and hard work pays off.

8227 La Mesa Blvd, La Mesa 619-467-7457 willpowercommunityfitness.com

Best Hair Salon Cultivate Hair Love Design

Cultivate offers an enhanced customer experience through the art of active listening and effective client consultation. They cultivate lasting relationships, education, trust, and the best hair styling experience with professionals who care.

4752 Palm Ave. #100, La Mesa cultivatehair.com | 619-335-8830

Best Health Food Store

Frazier Farms

The first Frazier Farms store opened in Escondido in 1971. In 1978, that store moved a short distance to a new location on Center City Parkway. The popular store eventually expanded to four locations. Bill Frazier sold the business in 1983 to Norman Frazier. Norman maintained the same standards for value along with a passion for food and regard for good health. He operated a Boney's Market and Henry's Marketplace in Vista. In 2006, the Frazier family proudly returned the name to Frazier Farms and continued their family legacy of bringing value to the community with the highest possible quality at competitive prices.

8401 Fletcher Pkwy, La Mesa (619) 309-4024 frazierfarmsmarket.com

Best Home Care/Caregiver **All Heart Home Care**

With integrity and quality care, All Heart Home Care meets the needs of senior clients. Caregivers treat their clients like family and help brighten their day. Specializing in Parkinson's, hospice and Alzheimer's care, many families rely on All Heart Home Care to

keep senior family members living at home safe and well.

5013 Glen St, La Mesa allhearthomecare.com | 619-736-4677

Best Hospital (tie) **Alvarado Hospital**

Medical Center

Alvarado Hospital is a 306-bed acute care hospital offering advanced, specialized healthcare services to the San Diego community and beyond. Advanced medicine meets personalized care in the staff at the Alvarado Hospital Medical Center. The hospital's orthopedic and spine surgeries are award-winning. This hospital has been recognized for Patient Safety Excellence

 $Award^{\scriptscriptstyle TM}$ 6655 Alvarado Rd, San Diego alvaradohospital.com 619-287-3270

Sharp Grossmont Hospital

East County's largest health care facility, you'll be treated with medical excellence and advanced technology at every step. And you'll experience kindness and empathy toward you and your family, who are key to your healing.

5555 Grossmont Center Dr, La Mesa, sharp.com | 619-740-6000

Best Insurance

Webster Insurance

The staff of Webster Insurance professionals take pride in knowing that clients regard them as their trusted business partners. Their core values, knowledge, professionalism, and integrity have defined us and have proven invaluable to client's success.

8315 La Mesa Blvd, La Mesa 619-433-3801 | websterinsur.com

Best Jewelry Pierre's Jewelers

Family Owned and Operated in La Mesa Since 1989. Pierre's Jewelers takes pride in designing custom jewelry that captures the essence of love, personality and occasion. Their specialty is crafting one-of-akind wedding sets that withstand the test of time in their quality, beauty and style. They are proud to have been La Mesa's premier jeweler for more than three decades, offering a large selection of fine jewelry, as well as customizable set, or loose, diamonds and colored stones. They are both brokers and direct importers of diamonds. And all jewelry repairs are done in-house by owner Pierre, a veteran jeweler and La Mesa local who is committed to craftsmanship and client satisfaction.

8324 La Mesa Blvd, La Mesa 619- 463-4072 pierre@pierresjewelers.com

Best Locksmith

Nobel Locksmith

Open 7 days, this locksmith mobile company has over 7 years of experience. They are a licensed and insured company. Services include: Automotive, Residential and Commercial lockouts, Re-key, Locks Repair, Car Keys, Program Fobs, Mailbox Locks Changed, Keys that do not duplicate, Safes, Fresh Installation, Master Rekey. They are able to send locksmith technicians to service your every need, including residential locksmith jobs as well as commercial locksmith jobs. All of our locksmith technicians are professionally trained and will give you the best locksmith service guaranteed.

8734 Lake Murray Blvd, La Mesa (619) 304-6128 | noblelockandkey.com

Best Manicure/Pedicure

The Upper Hand Day Spa (See listing under Best Spa)

Best Massage

The Upper Hand Day Spa (See listing under Best Cosmetic Services

Best Martial Arts

Jiu Jitsu Foundation

The Jiu Jitsu Foundation is where you can find great balance between learning techniques and being physically active. They start off every class with a warmup to get your heart pumping and then transition into learning a technique, and they try to end every class with sparring which is often a thrilling and physically active experience. They offer a number of different classes to fit any schedule between 6am, 10am, and evening classes for adults, and kids classes from 3-6 4 days a week

8380 Center D, #r A, La Mesa, CA 619-741-3000 | jiujitsufoundation.com

Best New Business Dr Pilates

Dr Pilates brings a holistic health approach to overall care for the mind, body, and soul. We exist solely to guide your health and wellness journey.

8239 La Mesa Blvd, La Mesa 619-467-7605 | drpilates.com

Best Office Supply/ Shipping

Postal Annex, La Mesa

Postal Annex+ of La Mesa offers UPS, FedEx and USPS shipping, private mailbox rental, notary public service, copy service, mailing supplies, shipping supplies and other business services.

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Best Optometrist Dr. Phillip Levy Vision and Eve Care Exams

Dr. Levy is a graduate of Illinois College of Optometry and has been in private practice for over 44 years. He performs complete visual exams, prescribes and fits glasses and contact lenses. Dr. Levy specializes in "hard-to-fit" contact lens patients. If you have been told you could not wear contact lenses, you should give our office a call. He also comanages Laser Vision Correction and will let you know if you are a candidate. If you're not sure whether you're a candidate for any of the various optical corrections, Dr. Levy offers free consulations.

5020 Baltimore Dr, La Mesa 619-464-8303 | eyedoclevy.com

Best Personal Trainer Work Out with Kirk

Your Functional Fitness Integration ™ - Certified Trainer and coach. Kirk Texeira B.Sc., MFT, CPT-NCCA, is a Nationally-Accredited Personal Fitness Trainer & Certified Health Coach - Neuro Performance Coach - Senior Olympic Gold Medalist. Fitness training for all ages—12 to 105+ boomer & senior training. Training for balance-vision-fall prevention, strength and quickness.

8803 1/2 La Mesa Blvd, La Mesa, 619-851-6980

Best Boarding/Day Care

The Dog Society

No membership needed! The Dog Society is a space for dogs and their humans to relax, socialize and enjoy a modern puptopia. From boarding to grooming, to a beer garden and outdoor game

area, there's something for every doggo, pupper, fluffer, floof and woofer—with a team of friendly pack leaders helping create a safe, fun experience along the way. Want to get some work done without leaving your best friend behind? They have free wi-fi and a cafe with plenty of espresso to get you going. Want to watch the big game with your best friend? Enjoy one of their 12 beers on draft, or a pint of hard seltzer or kombucha with your 4-legged bestie at your side.

6331 University Ave, San Diego 619-780-0235 | dogsocietysd.com

Best Pet Groomer The Doggy Detailer 8

The Doggy Detailer & Self Wash

The Doggy Detailer offers small, medium, and large dog grooming. Along with a self-serve dog washing station and various pet products to serve La Mesa and surrounding areas.

3855 Avocado Blvd #170, La Mesa, platform.com | (619) 851-9256

Best Pet Sitter

Doggie Dos

Have a busy schedule, but still need to bring your pup in for grooming? Don't sweat! Doggie Dos has you covered. Doggie Do's offers the best La Mesa dog grooming services to clients, so you don't feel the need to rush. Bring your dog in early, pick them up a little late, no problem! Their team loves to have your fur babies around. They will clean them, pamper them, and love them! They treat your dog like royalty, because to us every dog is a king or queen. The dogs are given free rein in the daycare/grooming facility. They can go where they want, play with whatever toys they are interested in, and when they are tired, we have nice cozy bed cubbies for them to snuggle up in.

619-741-0566 doggiedossd.com

Best Photographer Cece Canton Photography

It's true. . . Cece believes she has the best job in the world. She is a photographer and a storyteller, an ultralight wilderness backpacker. A freak for heights and a lover of flowers. She can sing well, dance bad and is learning to play the guitar. . . watch out! She loves to make people smile and show them just how great they can look. She believes anything is possible... Any-

8415 La Mesa Blvd. #3, La Mesa cecephoto.com | 619-884-6879

Best Physical Therapist/ Rehab

La Mesa Pulmonary Rehab

Breathe better and move better in your life! La Mesa Pulmonary Rehab provides skilled functional training, progressive therapeutic exercise training, disease education, nutritional counseling and a pulmonary support group if you have any chronic lung disease: including COPD, Emphysema, Chronic Bronchitis, Chronic Asthma, IPF, RLD, and before or after lung surgery.

8380 Center Dr # E, La Mesa, 91942 lamesarehab.com | 619-466-6077

Best Pilates

Dr. Pilates

(See under Best New Company)

Best Plumber

Ideal Plumbing, Heating, Air & Electrical

(See under Best Electric Company)

Best Pool Services

Payan Pool Service

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Best Real Estate Agent(tie) Jim O'Donnell

Jim is fortunate is LaMesa's choice for Best REALTOR® 5 years in a row! Jim lives and works in La Mesa. He works with both Buyers and Sellers and can always be counted on to deliver results to his clients. Jim is United Real Estate — San Diego located on La Mesa Blvd.

619-990-8522 | jimodonnell.net jimodonnellrealtor@gmail.com (DRE# 02064199)

Andrea Flint-Gogek

As a life-long resident of San Diego County, and real estate agent since 2002, Andrea knows all the region's neighborhoods and communities, selling as far north as Murrieta, east to Pine Valley, south to Otay Lakes, west to Ocean Beach, and everything in between. She has helped her clients buy and sell properties ranging from multimillion-dollar homes to one-bedroom condos all over San Diego. Whether you're a first-time buyer or a seasoned homeowner, Andrea will walk you through the entire process with the utmost care and complete transparency.

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Best Real Estate Office tie **United Real Estate**

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8702 La Mesa Blvd, La Mesa 619-500-2020 unitedrealestatesandiego.com

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8354 University Ave, La Mesa, 619-992-8793 tranquilitysandiego.com

Best Retirement Living Grossmont Gardens

Located in beautiful La Mesa Grossmont Gardens is a senior living community offering Independent Living, Assisted Living, and Skilled Nursing services. Located on a vibrant 8.5 acre park-like community catering to a diverse population of seniors looking to live their lives to the fullest every day. It is their mission to provide the highest level of services and promote a healthy lifestyle for residents, foster their independence and encourage social involvement. Come visit Grossmont Gardens Senior Living and see for yourself today, why it is the perfect community to call home!

5480 Marengo Ave, La Mesa 619-463-0281 grossmontgardens.com

Best Supplement Store Frazier Farms

Frazier Farms has been your natural grocer since 1971. They've built their reputation on customer service. They sell the highest quality natural and organic products available anywhere at prices that represent great value. They understand that without quality there is no value.

8401 Fletcher Pkwy, La Mesa 619-309-4024

Best Tailor

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8253 El Paso St, La Mesa 619-461-4214

Best Tanning Salon Afterglo Beauty Lounge

Established in May of 2018 by Alysa and Lance Espiritu, this beautiful space provides airbrush tanning, waxing, facials, eyelash extensions and microblading performed by a variety of talented licensed and insured permanent makeup artists. This health department approved beauty lounge provides a safe and clean environment for artists to create their magic. You'll love the results!

8888 La Mesa Blvd., La Mesa Afterglobeauty.com | 619-672-1871

Best Tutoring

Mathnasium

Whether your child started out far behind or already ahead in math, Mathnasium will help them leap ahead because they understand that any child can be successful in math -

it's a matter of teaching it in a way that makes sense to them. Experienced math tutors utilize proprietary teaching techniques. Students grow more excited and confident and their grades will reflect that.

10330 Friars Rd, #109, 92120 mathnasium.com | 619-281-6284

Best Veterinarian

Pet Hospital of La Mesa

The Pet Hospital of La Mesa seeks to provide the best possible care for your pet. Proud to be longtime members of the La Mesa community. Clients do not just include pets but their owners as well. They will get to know you and your pet. You will be a valued part of their dedicated team offering the best veterinary services for every pet.

5336 Jackson Dr, La Mesa (619) 469-0138

Best Waxing/Threading

After Glo Beauty Loungs (See listing under Best Tannis Spa)

Best Yoga Studio

CorePower Yoga

CorePower Yoga is mainly known for their signature class style created by their founder, Trevor Tice, which combine elements of Power yoga, Ashtanga yoga and Vinyasa Flow yoga. Classes are open to everyone, at every fitness level, no experience required. CorePower Yoga offers a physically intense workout rooted in the mindfulness of yoga. Their goal is to share the transformative power of yoga with every body, everywhere.

5262 Baltimore Dr, La Mesa 833-448-2561 | corepoweryoga.com



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