

FOOD&DINING

El Segundo Dining Destinations

American Casual

Britt's BBQ: 404 Main Street 310-640-0408
El Segundo Fish Co.: 210 E. Grand Ave. 310-640-7222
Good Stuff: 181 Richmond Street 310-647-9997
HOF: 775 N. Sepulveda Blvd. 310-227-8500
Main Street Café: 430 Main Street 310-322-0011
Mandy's: 241 Main Street 310-322-7272
Mariposa Restaurant: 323 N. Sepulveda Blvd. 310-643-0015
Wendy's Place Café: 307 W. Grand Ave. 310-322-3942



Bar & Grill/Sports Bar

Old Town Patio: 185 Richmond Street 310-414-9270
Richmond Bar & Grill: 145 Richmond Street 310-322-7597
Stick & Stein: 707 N. Sepulveda Blvd. 310-414-9285
The Tavern on Main: 423 Main Street 310-322-3851



Chinese

Canton Low: 439 Main Street 310-322-3165
Express Chinese Food: 630 N. Sepulveda Blvd. 310-322-3517
Pagoda Chinese Food: 100 W. Imperial Ave. 310-414-9525
PT Chang's China Bistro: 2041 Rosecrans Ave. 310-607-9061

Fine Dining

1440 bistro and bar Embassy Suites, 1440 E. Imperial Ave. 310-640-1070
Chef Harmon: 411 1/2 Main Street, 310-640-0164
Daily Grill: 2121 Rosecrans Ave. 310-324-0700
Farm Stand: 422 Main Street 310-640-3276
Fleming's Prime Steakhouse & Wine Bar: 2501 Rosecrans Ave. 310-643-6981
Marmelade Café: 2044 Park Place (Plaza El Segundo) 310-640-7200
McCormick & Schmick's: 2101 Rosecrans Ave. 310-416-1123
Salt Creek Grille: 2015 Park Place (Plaza El Segundo) 310-355-9288
Second City Bistro: 223 Richmond Street 310-322-6085

Indian

Indian Summer: 289 Main Street 310-322-7550



Italian/Pizza

Andiamo Pizzeria: 84 Main Street 310-343-3000
Deluca Trattoria: 223 Richmond Street 310-640-7600
Harlick's Pizzeria: 202 E. Imperial Ave. 310-355-0066
Justa Pizzeria: 100 W. Imperial Ave. #B 310-355-6070
Little Gourmet: 17 Main Street 310-322-6285
Roseno's Macaroni Grill: 2521 Rosecrans Ave. 310-643-0882
Stufft Pizzeria: 400 Main Street 310-322-2666
Valentino's Pizzeria: 150 S. Sepulveda Blvd. #A 310-426-9494
Vinn's Pizzeria: 143 Main Street 310-322-5464
Z Pizzeria: 629 N. Douglas Street 310-640-7919



Japanese

Hanabi Japanese Grill: 310 E. Grand Ave. #11 310-416-9785
Hana Hana: 409 Main Street 310-640-2352
Maki Yaki: 100 W. Imperial Ave. #11 310-364-1231
O-Sushi: 357 Main Street 310-640-9650
San Sei Japanese Grill: 650 N. Sepulveda Blvd. 310-640-7665
Sushi Avenue: 150 E. Grand Ave. #K 310-414-9559
Taka: 2041 Rosecrans Ave. 310-647-3100



Mediterranean

Chicken Dijon: 251 Main Street 414-9000
Hummus Factory: 204 E. Grand Ave. 322-1000
Petit Café: 650 N. Sepulveda Blvd. 322-9859

Mexican

Chili Verde: 650 N. Sepulveda Blvd. 310-640-7666
Chipotle Mexican Grill: 307 N. Sepulveda Blvd. 310-426-4337
Coyote's Mexican Grill: 2571 Rosecrans Ave. 310-606-5464
El Torero: 210 Main Street 310-414-9612
La Paz: 94 Center Street 310-322-3742
La Sirena Grill & Cantina: 710-D Allied Way (Plaza El Segundo) 310-640-6170
Pachanga Mexican Grill: 962 Main Street 310-322-8222
Su Casa: 405 Main Street 310-524-9985
Taco Time: 310 E. Grand Ave. #109 310-640-8226
Torero's Mosaic Café: 350 S. Sepulveda Blvd. 310-640-7282



Peruvian

Playa Blanca: 415 Main Street 310-643-0979

Sandwiches/Wraps

Big Mike's Philly Steaks: 507 Main Street 310-726-9630
El Segundo Sandwich & Grill: 310 E. Grand Ave. 310-322-
Havana Sandwich Co.: 229 Main Street 310-640-0014
MegaWraps: 650 N. Sepulveda Blvd. 310-322-9727
Original Kinecliff: 323 Main Street 310-647-2860



Thai

Asia House: 150 S. Sepulveda Blvd. #D 310-640-9772
Siam Bay Thai Cuisine: 150 E. Grand Ave. #D 310-416-9907
Thai Dishes: 150 S. Sepulveda Blvd. 310-643-6199

Vegetarian

The Veggie Grill: 720 S. Allied Way # D (Plaza El Segundo) 310-555-0025



GREEN BEANS WITH BACON & HAZELNUTS

The toasted smoky flavors in this fast sauté make it a warm addition to any winter meal.

Servings: 4 servings, 3/4 cup each
Total Time: 20 minutes
Ease of Preparation: Easy
Health: Healthy Weight, Low Sodium, Low Cholesterol, Low Sat Fat, High Fiber, Low Carb, And Low Calorie

Ingredients:
Green Beans with Bacon & Hazelnuts
1-teaspoon canola oil
1 large shallot, minced
1 pound green beans, trimmed
1/2-cup water
2 slices bacon, cooked and crumbled

2 tablespoons chopped
toasted hazelnuts (see Tip)
1/4-teaspoon salt

Steps:
1: Heat oil in a large skillet over medium-high heat. Add shallot and cook, stirring, until starting to brown, 30 seconds to 1 minute. Add green beans and cook, stirring often, until seared in spots, 2 to 3 minutes. Add water; cover, reduce heat to medium and cook, stirring occasionally, about 3 minutes for tender-crisp or 6 minutes for tender. Remove from heat and stir in bacon, hazelnuts and salt.

Nutrition: (Per serving)
Calories - 100
Carbohydrates - 12
Fat - 5
Saturated Fat - 1
Monounsaturated Fat - 3
Protein - 5
Cholesterol - 3
Dietary Fiber - 4
Potassium - 305
Sodium - 226
Nutrition Bonus - Vitamin C (35 daily value), Vitamin K (23 dv), Vitamin A (15 dv).
Tip: To toast nuts & seeds on the stovetop: Toast in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.
By EatinWell, Courtesy of Arcamax.com •



CHILI-RUBBED STEAKS & PAN SALSA

Any cut of steak will work for this recipe, but we especially like the flavor and texture of rib eye with these seasonings; look for steak that has been thinly cut. Cold ale, sweet potato fries and vinegary coleslaw can round out the meal.

Servings: 2 servings
Total Time: 20 minutes
Ease of Preparation: Easy
Health: Healthy Weight, Low Sodium, Low Cholesterol, Low Sat Fat, Low Carb, And Low Calorie

Ingredients:
Chili-Rubbed Steaks & Pan Salsa
8 ounces 1/2-inch-thick steaks, such as rib eye, trimmed of fat and cut into 2 portions
1-teaspoon chili powder
1/2 teaspoon kosher salt, divided
1-teaspoon extra-virgin olive oil
2 plum tomatoes, diced
2 teaspoons lime juice
2 tablespoon chopped fresh cilantro

Steps:
1: Sprinkle both sides of steak with chili powder and 1/4-teaspoon salt. Heat oil in a

medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.

2: Add tomatoes, lime juice and the remaining 1/4-teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve the steaks topped with the salsa.

Nutrition: (Per serving)
Calories - 174
Carbohydrates - 4
Fat - 9
Saturated Fat - 3
Monounsaturated Fat - 4
Protein - 20
Cholesterol - 60
Dietary Fiber - 1
Potassium - 421
Sodium - 336
Nutrition Bonus - Zinc (27 daily value), Vitamin A (20 dv), Vitamin C (15 dv).
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