



## Mexican ‘Soul Food’ Gets a Makeover in South Park

Del Sur Mexican Cantina Celebrates Traditional Flavors With a Healthier Interpretation

Written By: Jessica Young

It doesn't have to be a 'Taco Tuesday' for [Del Sur Mexican Cantina](#) to be serving up tacos to the hungry residents of South Park. The third restaurant from the partnership that runs Kensington Café and The Haven, Del Sur is the first eatery to take hold outside of Kensington. Offering patrons brunch, lunch and dinner specials on weekdays and weekends, this cantina is cooking up some of the most traditional and eclectic Mexican dishes.

Happy hour specials on weekdays, a full bar, weekend lunch specials and a brunch menu, Del Sur offers something for every guest. The bar offers a wide variety of tequilas, ranging from blancos to anejos to reposados. Creative cocktails also grace the drink menu at Del Sur. Pair

your beer or michelada with a Spicy Pineapple Beer Pop to melt in your beverage or sip on a Pepino Martini made with 100 percent agave tequila blanco, cucumber, lime, mint syrup and champagne. Alcoholic beverages range from sangrias to margaritas, that are as colorful as the Latin-inspired décor that covers the restaurant.



The owners of Del Sur, Lauren Passero and Kate Grimes, also own Kensington Café and The Haven, both of which are located on Adams Avenue in Kensington. The pair identified the South Park location as a market they hoped to branch out into, and when an opportunity arose, they went for it.

Housed in an old, mission-style building, Del Sur Mexican Cantina has settled nicely into the South Park community. Passero said the location has been a hit among residents.

“South Park is a great neighborhood, and like Kensington, it has a strong sense of community involvement... When we saw the space [for Del Sur] become available, we jumped on it,” Passero stated. “There has been a great shift in this [neighborhood] with places like The Station, where you can get good food and an adult beverage, and still find something your kids will enjoy. We wanted to be a part of that.”



Additionally, the menu boasts traditional, wholesome flavors that cater to a variety of food preferences. The eatery is also kid-friendly, dog-friendly and vegan and vegetarian-friendly. A small patio out front ensures that Fido will have a seat at the table and menu items are familiar and flexible, providing perks for even the pickiest pint-sized foodies.

“We strive to make our restaurants places regularly visited... A home away from home. We want people to feel comfortable coming in on date night as well as straight from the gym, or on their own or with their whole family,” said Passero.

The menu was crafted out of a desire to serve up familiar, traditional Mexican flavors, but to do so with a healthier perspective. Many of the recipes start with a base of ingredients that adapted into vegan, vegetarian or meat-friendly dishes. Ingredients like lard and butter are replaced with healthier, animal-product free ingredients to lighten up heavier dishes. Options like cream and cheese are always easily omitted as well. Familiar items like tacos, enchiladas and tamales find their way onto the menu, but fun and interesting concoctions are also commonplace. After adapted to a customer suggestion, jackfruit tacos are now a menu staple, as are rotating meat and vegan tamale options.

### **Del Sur Mexican Cantina**

2310 30th St  
South Park  
San Diego, CA 92104  
619.501.0643