



## Super sangrias around San Diego

As the saying goes, “When life hands you lemons, make sangria.”

The fruity mixed concoction, is traditionally made with red wine, chopped fruits, brandy or spirits, and simple syrup. Popular in Europe for hundreds of years, sangria grabs its name from the Spanish word sangre (which means blood), and was first introduced to the United States in 1964 at the New York World’s Fair.

The crimson delight also has a pale version, sangria blanca, commonly made with white wine and peaches.

This holiday season, grab friends and an Uber, and create a sangria tour around San Diego with these hot picks.

### Tavern at the Beach

Using the latest and greatest from Grand Marnier, the P.B. hotspot presents the I Don’t Practice Sangria cocktail. Made with red wine, vanilla syrup, Raspberry-Peach Grand Marnier (made with red peaches from the south of France and European raspberries) and fresh fruit, it’s a sophisticated flavor bomb worth trying.

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I Don't Practice Sangria at Tavern at the Beach in Pacific Beach. (Jim Sloan)