

Eat Beat: Sip, snack, repeat — San Diego's hot eats & drinks this week



by Debbie L. Sklar • Times of San Diego Jan. 23, 2026, 5:00 a.m.



From weekend escapes in Temecula wine country to new brunches, taco nights, and healthy eats around town, San Diego is full of fresh flavors this week. Here's where to eat, sip, and savor:

Wellness Travel Pick: Rancho La Puerta

Located on 4,000 private acres in Tecate, Mexico, **Rancho La Puerta** is a wellness-focused fitness resort designed for sober-curious travelers. Guests can choose from 80+ weekly fitness classes, guided hikes, restorative spa treatments, farm-to-table pescatarian meals, and nutrition-focused cooking classes.



Find solace at Rancho La Puerta. (Photo courtesy of Rancho La Puerta)

New in 2026, the Longevity Track lets visitors focus on strength, balance, mobility, and healthy aging, with lectures on turning wellness habits into everyday life. Rancho La Puerta is ideal for those looking to extend Dry January intentions into long-term healthy living.