

The San Diego Union-Tribune

10 must-try meatballs

Sampling San Diego's best Italian-style rounds, from spicy to smothered in sauce



By Michele Parente | 6 a.m. Aug. 4, 2016



1

Flour + Barley

The name isn't very Italian, but these excellent pesto-topped meatballs are. You get three "grandma style" rounds made of perfectly seasoned beef, veal and pork. 789 W. Harbor Drive, The Headquarters, downtown San Diego. (619) 344-2900 or flourandbarley.com



Photo by Michelle Perino

2

The Smoking Goat

In one of the most unique meat combinations in town, these are a blend of goat — naturally — lamb, pork and beef. The result is complex yet simply delicious. 3408 20th St., North Park. (617) 955-5799 or thesmokinggoatrestaurant.com



Photo by Michelle Perino

3

Savoie

First class all the way. Moist, freshly ground filet mignon is rolled, then cooked in a delicate tomato sauce that's kissed with Italian herbs. 2015 Birch Road, Otay Ranch Tower Center, Chula Vista. (619) 591-5797 or savoieatcva.com



Photo by Michelle Perino

4

Tommy's V

When you name your restaurant-based dish the "Best Ever Rigatoni & Meatballs," it better be good. Is it? Well, hell, just say we wanted more — a lot more. 2629 Gateway Road, Carlsbad. (760) 602-1949 or www.tommysbarbucchi.com



3

3

5 Buona Forchetta
 Have about the pizza all you want, what we're crazy about are these dairy beef and pork polpettas bathed in rich-tasting tomato sauce and packing a flavor punch worthy of Mama. 3307 Beach St., South Park, (610) 381-4944 or buonaforchetta.com



3

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6 Cucina Sorella
 We're smitten with the sweetest Cucina's grilled Sicilian meatballs of americana, made from dry-aged rib eye, guanciale and grana padano. 4055 Adams Ave., Kingstree, (610) 281-4314 or cucinasurella.com

Photo by Mitchell Peroni



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7 Italian Cucina
 Hope you're hungry. This outstanding Italian restaurant at Barons Resort & Casino piles on your choice of pasta and five beef or sausage meatballs. Top up the sweet marinara with homemade focaccia. 1832 Wildcat Canyon Road, Lakeville, (610) 462-2294 or italiancucina.com

Photo by Mitchell Peroni



8

Olive Garden

We're saying it: Meatball breadstick subs at the ubiquitous national chain are the greatest of pleasures. Falty? Sure. Satisfying? Guilty as charged. Multiple locations. olivegarden.com



9

Salvucci's

A new entry into San Diego's Italian dining scene goes old school, with moist beef and pork meatballs in pomodoro sauce and sprinkled with tangy Parmesan. 935 J St., East Village. (619) 255-1112 or salvuccis.com



10

Notorious Burger

Grab a table at this meat-centric spot for the beef and lamb meatball appetizer or hit the bar at happy hour for this new, juicy \$3 slider with red sauce, cheese and pesto. 6955 El Camino Real, Carlsbad. (760) 431-2529 or notoriousburger.com