

WELL+ΔWAY

SOUTH BAY VITALGUIDE™

WHERE TO EAT

The Source Cafe

509 Pier Ave., Hermosa Beach
\$\$

Located in the heart of Hermosa Beach, The Source Cafe is a favorite breakfast spot for healthy, relaxed locals. The menu offers a wide variety of selections to fit every dietary requirement, and homemade baked goods taste as delicious as they look. Opt for the vibrant Purple Smoothie Bowl or Avocado Toast with cashew cream and radish for a breakfast that's nutritious and Instagramable.

www.thesourcecafehb.com @TheSourceCafeHB

The Spot

110 2nd St., Hermosa Beach
\$\$\$

Just about everything at The Spot is homemade, from bread and salad dressings to a locally famous veggie burger. The soups are vegan and fat-free, and all baked goods are sweetened with agave. The Spot also offers freshly squeezed juice, organic coffee and tea and a selection of organic wine and beer. For an unexpected souvenir, purchase a copy of The Spot's cookbook, *Recipes from the Heart*, to take home.

www.worldfamousspot.com

Rice

820 Manhattan Ave.,
Manhattan Beach
\$

For outstanding sushi with plenty of plant-based options, make a reservation at Rice in Manhattan Beach. The menu offers an extensive selection of vegan dishes and every sushi roll is made with organic brown rice. Be sure to order the Crispy Rice Spicy Tofu Pincho, made with crispy, pan-fried rice topped with dynamite tofu and avocado. Gluten-sensitive bonus: every dish at Rice is gluten-free, prepared with tamari instead of traditional soy sauce.

www.ricemb.com, @ricemb

OrVeganic

16200 Hawthorne Blvd., #E,
Lawndale
\$

Famous for its signature nut and seed butters as well as a line of non-dairy "mealks", OrVeganic bills itself as a "Vegan Organic Protein Coffee House". Basically, our morning dream. The menu is plant-based, and everything is gluten-free, raw, and free of refined sugars. The Thai Peanut Collard Green wrap is a delicious on-the-go option, and kombucha is available on draft. Don't leave OrVeganic without picking up a jar of creatively named raw nut butters; we're partial to the Cacao Kong.

www.orveganic.com, @orveganic

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WHERE TO SWEAT

The Yoga Loft

1112 Ocean Dr., #103A, Manhattan Beach

\$

For a mindful sweat with a view, try the Yoga Loft. The studio offers a breathtaking view of Manhattan Beach, as well as over 40 different classes each week for students of every level.

www.yogaloftmb.com, @yogaloftmbB

Every Body's Pilates

1530 Cravens Ave., Torrance

\$

Whether you're a Pilates devoteé or just itching to try something new, drop in to one of Every Body's Pilates Reformer classes to build full-body strength with a focus on the core. The studio offers group and private pilates classes as well as Zumba, barre, yoga and dance cardio in a charming space filled with natural light.

www.everybodyspilates.com, @everybodyspilates

Studio Pilates

209 W. Grand Ave.
El Segundo

\$\$

Although rooted in classical Pilates, this studio is anything but traditional. Featuring private and semi-private sessions plus equipment and mat options, classes are small with hands-on instruction in a serene setting. Recovering from an injury, or a too-long flight? Try an Oov class which ensures a neutral spine via a cradling device. Pro tip: first-time clients receive a free mat class.

www.studiopilates209.com @studio_pilates_209

SoHo Yoga

1242 Hermosa Ave.
Hermosa Beach

\$\$

A favorite of off-duty LA Lakers and other elite athletes in the neighborhood, this beachside shala offers heated and non-heated classes including Vinyasa and yoga-barre fusion. Note to those in a time-crunch: SoHo's briefest classes wrap up in just 45 minutes, and don't fret about juggling gear: complimentary mats, towels and water are available.

www.sohoyoga.com, @sohoyoga

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WHERE TO JUICE

Rock'n Juice

3730 S. Pacific Coast Highway,
#102, Torrance
2470 S. Western Ave., #C, San
Pedro
1811-B S. Catalina Ave.,
Redondo Beach
\$

If you've been overindulging, or just need to give your gut a break, Rock'n Juice will get you back on track. This South Bay mini-chain has three locations that offer everything from week-long juice cleanses to acai bowls and fruit-filled smoothies. Try the Drag 'N Roll made with pitaya, pineapple, mango and coconut water.

www.rocknjuice.com, @rockinjuice

WHERE TO INDULGE

Smitten Ice Cream

850 S. Sepulveda Blvd., El
Segundo
\$

Nestled smack dab in the middle of lovely outdoor shopping center The Point, Smitten Ice Cream makes all scoops to order. Those with a dairy-free sweet tooth will flip for their Peanut Butter Banana flavor as well as Valrhona Fudge and Salted Caramel pops.

www.smittenicecream.com, @smittenicecream

Blue Star Donuts

451 Manhattan Beach Blvd.
Manhattan Beach
\$\$

Blue Star's beautiful brioche donuts are infused with a variety of seasonally rotating fruit, herbs and liqueurs. Recent offerings range from Blueberry Bourbon Basil and Spicy Mexican Hot Chocolate, and there are always at least a few vegan options on offer. Pair one of these decadent confections with a mug of Verve coffee from the onsite espresso bar if you like your sugar with a side of 'awake'.

www.bluestardonuts.com @bluestardonuts

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WHERE TO PLAY

Westin LAX

5400 W Century Blvd
\$-\$\$\$

Located minutes from South Bay's iconic beaches, Westin LAX has a dedicated surf concierge at the ready to assist guests in navigating the local surf scene. From organizing surf lessons at iconic El Porto Beach to sharing top hidden surfing spots, Surf Concierge Jenny Palomo is one of the South Bay's best kept secrets. If you're ready to shred, contact Jenny at Jennifer.Palomo-Hernandez@westin.com for more information. www.westinlosangelesairport.com, @WestinLAX



AIRPORT CHEAT SHEET: LAX

Real Food Daily (RFD)

500 World Way
American Airlines Terminal 4
\$\$

Don't leave L.A. without sampling iconic vegan fare from Real Food Daily, now available in Terminal Four. The fresh salads are always a home run, especially when combined with a scoop of RFD's popular almond "tuna" salad. Keep an eye out for famous vegan; Moby has tweeted his enthusiasm for this particular location. www.realfood.com, @realfooddaily

The Larder at Tavern

500 World Way
Tom Bradley International Terminal 4 - Central Concourse 1
\$\$

An in-transit W+A favorite is the Larder Cobb salad at the LAX outpost of LA's popular Larder restaurants, created by beloved local restaurateur Suzanne Goin. This filling, colorful salad is a plant-based take on classic Cobb, made with sweet potato, beets, avocado & chickpeas. Premade for easy grabbing while jogging to a tight connection, this one's a handy option to keep in your back pocket. www.tavernla.com, @tavernLA

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