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A Sure Bet

There's sushi, and then there's sushi at **Market Bar + Restaurant** (marketdelmar.com), the favorite North County staple is getting a long-needed remodel just in time for race season. The nightly offerings are all about freshness, and the be-seen bar is as scene-y as it gets. Across the way (in what has previously been a doomed location), don't rule out **Sublime Ale House** (sublimealehouse.net) for a more casual setting—and lots of craft beer.

RAW DEAL The sushi bar at Market Del Mar



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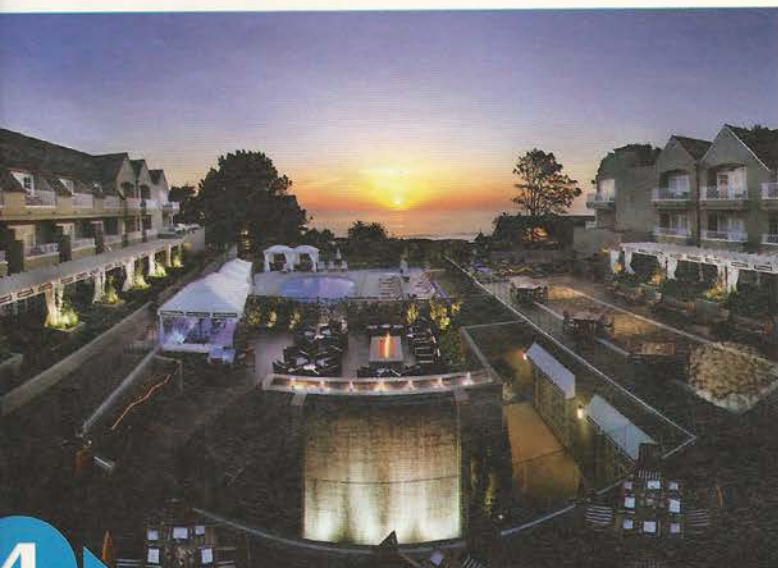
Go Old-School

Red Tracton's is the must stop for any race fan (redtractonssteakhouse.com). The history, the classic dark bar, the lobster club sandwich... And of course, owner Tracy Tracton, who took over her father's post, is filled with enough stories for a page-turner of the racing world. Celebrating its 25th anniversary, Tracton's (as locals call it) has managed to keep itself fresh with remodels while maintaining all of its old-school cool. "We're continuing the legacy," says Tracton, whose son Morgan mans the front of the house. "I grew up in this bar. I've seen it all." The menu features fat steaks and several tableside classics, including the goddess salads and and baked potatoes topped with decadent accoutrements. It's high time to step back in time.



WINNERS' CIRCLE From top: Don Abbott is one of several longtime bartenders at Red Tracton's, which is the iconic race-season restaurant; dinner reservations are a must; an antique jockey in the foyer boasts the initials of owner Tracy Tracton.

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APRES-TRACK The sprawling patio at L'Auberge Del Mar boasts ocean views.

Pay It Forward

Big day at the track? The lobby and its sprawling patio at **L'Auberge Del Mar** (laubergedelmar.com) is just the sophisticated spot to spend your winnings. The lobby lounge is ideal for big groups, or grab a cozy seat by the firepit. Across the way **Del Mar Plaza** (delmarplaza.com) is another iconic spot to catch the view—and the show ponies. Coming in August is the Old Town tequila-stocked classic, **El Agave**. In the meantime, there's always **Pacifica's** vodka bar, and the chic wine hang, **Enoteca**.

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To a T

There's nothing like easing your way into race day with a nosh at **T's Cafe** (tscafesolanabeach.com). The beloved breakfast and lunch joint is a hop and a skip from the Solana Beach train station, where the double-decker trolley can whisk you off to the Turf Club after a few of the famous housemade Bloody Marys, served in pint glasses with cherry peppers. Standouts include indulgent eggs Benny, chorizo-laden scrambles, high-piled potato skillet and a good ol' reuben. Nudge your way into the bar and peruse your daily racing form, and *voilà*, you're a regular.

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Mex It Up

When it comes to favorite Mexican haunts in North County, you're either a **Tony's Jacal** (tonysjacal.com) devotee or a Fidel's fan. Our dedication is with Tony's. The 1946 restaurant, replete with a saloon and festive terrace, is a family-owned Solana Beach charmer. Newcomers: Expect a sense of discovery, and don't expect chicken. The house specialty is roasted turkey, and guacamole has never been so heavenly. The margie and roving mariachi are calling your name.



NO BULL Tony's Jacal in Solana Beach is a true local gem.