

**Bluegrass Brunch at North Park's Urban Solace is a Blast posted on Wednesday, 14 May 2008**

**Urban Solace restaurant brings live bluegrass to North Park and introduces new happy hour.**

On Sundays, Urban Solace's charming outdoor patio and cozy indoor area feature a popular brunch from 10 a.m. to 3 p.m. Matt Gordon, founder and Executive Chef, and Scott Watkins, founder and General Manager, bring in some of San Diego's best bluegrass musicians, including: Virtual Strangers, Shirthouse Band, Chris Clarke and Second Delivery, alongside a special Southern brunch menu - and no shortage of southern hospitality.



Dwight Worden, President of San Diego's Bluegrass Society and base player for Second Delivery, says Urban Solace offers the county's only bluegrass brunch. "No one is doing anything like it - it's excellent to have the band play in such a cheerful setting where happy people eat good food and passerbys watch from the sidewalk."

Bluegrass, distinctively acoustic, was inspired by the music of immigrants - mostly Scottish and Irish - African-Americans, and blues.

"Bluegrass is like the food at Urban Solace - comfortable, nice and familiar, yet different," said Worden.

Sweet potato fries, warm cheesy biscuits, and cocktail weenies with "Urban" sauce are just a few of the favorite things guests will nosh on during Urban Solace's new "Comfort Hour," from 4 to 6 p.m. nightly, on the charming outdoor patio and cozy indoor bar. The sweet potato fries come highly recommended and are currently the restuarants most popular side.

Chef Gordon's Comfort Hour Menu is priced between \$3 and \$7. Comfort Hour also features specials from the bar including all draft beers for \$3.50, well drinks for \$5, house wine at \$5 a glass and the Jim Beam Black Manhattan cocktail for \$4.

Comfort Hour on Tuesdays and Wednesdays includes live local music from guitarist and violinist, Will Turner, six-time Grammy Award nominee, flautist, Lori Bell, guitarist, Daniele Spadavecchia, and others, from 5 p.m. to sunset all summer long.

Urban Solace is located at 3823 30th Street, in the heart of North Park, and is open for lunch Monday - Saturday, 11:30 a.m. to 5 p.m., dinner Monday - Thursday, 5 to 10 p.m., Friday and

Saturday, 5 to 11 p.m., Sunday, 5 to 9 p.m. and for Sunday Bluegrass Brunch, 10 a.m. to 3 p.m. Menu items range from \$6.50 to \$15.75 for lunch and \$9.95 to \$15.75 for dinner. For more information, call 619-295-6464 or visit [www.urbansolace.net](http://www.urbansolace.net).

POSTED BY JOHN LINCOLN