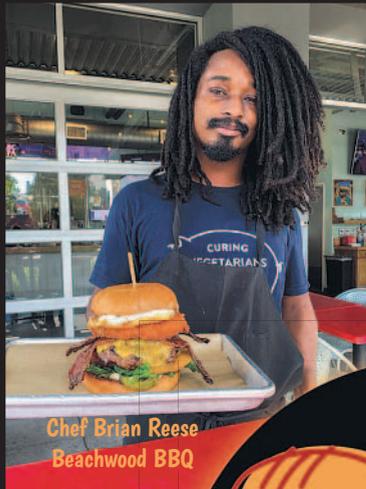


CHEERS!

YOUR LOCAL DINING & ENTERTAINMENT GUIDE



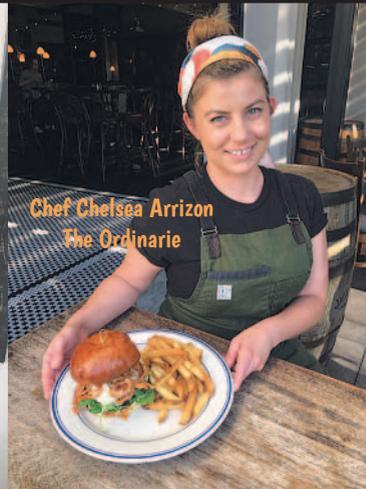
Chef Brian Reese
Beachwood BBQ



Chef Ryan Steffen
Chef Christopher Dinco
Waters Edge Winery



Chef Stephen Le
The Krofi



Chef Chelsea Arrizon
The Ordinarie



Chef Eric Schluntz
Komos Cocina



The Inaugural Long Beach Burger Week will pay homage to America's original culinary sweetheart: **THE HAMBURGER!**



Chef Keith Iverson
Derricks on Atlantic



Chef Javier Leon
Navy Proof



Paula & Alex Armstrong
V Burger



Chef Geronimo Slavik
The Artie



Look inside for **The Restaurant Guy's** featured Review of the Week: **BURGER WEEK** Page 3



The Restaurant Guy's

REVIEW OF THE WEEK

For daily restaurant specials, follow me on Twitter  @con sus**Robert C. Shea**

A 30 year restaurant veteran as owner, operator and writer. Bringing you the best in So Cal cuisine every week in the Cheers restaurant review. Call Robert at (562) 499-1227

Hang On to Your Buns, Long Beach BURGER WEEK STARTS SUNDAY!

By Patti Larson

Get ready for the inaugural Long Beach Burger Week, August 1st - 8th, presented by non-profit Long Beach Food & Beverage and designed to highlight local restaurants and an American staple, the beloved Burger.

Terri Henry is the organizer behind the (burger curtain) weeklong event, and shared, "We really want to show support for our local restaurants so they can thrive, and what better way than to pay homage to a traditional favorite people love that's on just about every menu?"

The appeal of this patty-forward event is the variety of mouthwatering goodness at price points for every budget (including vegan and vegetarian options), leaving you wondering why you didn't try them sooner.

The list includes dine-in and take-away options and features venues with all fresco dining. Speaking of lists, participants this year include 40+ restaurants!

Here's what a just a few participants shared about their favorite burger:

Brian Reese – Beachwood BBQ: "Staying true to our barbecue roots, our Slammin' Burger features a blend of ground brisket and beef cheek," Chef Brian revealed, "but to add some decadence we top it with candied bacon, a fried egg and a slice of ripe, heirloom tomato."

Christopher Cinco and Ryan Steffen - Waters Edge Winery: Chef Christopher created a veggie burger, but was clear it isn't a meat substitute. "I like whole foods and plant-based ingredients, so ours features quinoa and mushrooms." He tops his burger with a red wine balsamic and hummus, to balance the umami of the patty.

Geoff Sandler – Hungry Angelina:

Chef Geoff uses a locally baked potato bun to showcase his grilled Impossible patty, seasoned simply with Lawry's seasoning salt. "For the western barbecue flavor, I use "bacon" jam made with smoked tempeh and onions." Topped with vegan cheddar cheese, it's a burger to satisfy even the most voracious cowboy.

**Chef Raza Peerhboy
- Fresh Kabobs**

Raza Peerhboy -- Fresh Kabobs: Not quite in the mood for curry but missing the zing in your grazing? Peerhboy's spicy mango burger is the perfect blend of American meets Halal cuisine. "This unique flavor profile of a classic American item is like the culinary gateway to Indian cuisine."

Chelsea Arrizon -- The Ordinary: There's no denying that The Ordinary likes to push the pub envelope with a vibe that harkens back to a time when whiskey was a meal staple and a good cigar followed. Their Bonfire Brian Burger is

a balance between old world and elevated. "It's a generous patty at 7 ounces, charbroiled and topped with smoked tomato jam and tobacco onions," said Chef Chelsea.

**Chef Robert Frye
- Berlin Bistro**

Robert Frye – Berlin Bistro: "Keeping it simple is key," said Chef Robert, who uses prime sirloin beef, avocado, white cheddar, and bacon on a brioche bun. "It's your classic burger made with top-notch ingredients."

Eric Schluntz – Komos Cocina: Chef Eric's burger is a blend of chorizo and beef, carefully seared and served on a bolillo bun. "We wanted it to appeal to our clientele and staff, using Mexican-inspired ingredients we already had on hand."

Keith Iverson – Derricks: "I love the idea of a handheld breakfast, so we make a brunch burger—egg, three cheeses, habanero jelly, and tater tots on a brioche bun."

Javier Leon -- Navy Proof: Navy Proof's burger is top deck. "We use two thin beef brisket patties for double the grilled flavor," said Chef Javier. Add a housemade pickle, spicy onion ring and chipotle aioli – Aye aye, Captain Burger!

**Chef Jason Lawlor
- Scholb**

Jason Lawlor – Scholb: Scholb puts the gastro in pub. Order the Wagyu beef burger, a creation that Chef Jason ensures, "needs little more than salt and pepper and some garlic aioli. The high fat content adds the rest of the flavor."

Alex & Paula Armstrong – V-Burger: Alex Armstrong was a die-hard meat eater who recently came to the plant side. He elevates his Beyond Meat patty using a secret seasoning blend and topping it with a vegan version of Chili Mac. "We cook it smashburger-style to ensure a good char."

Cameron Slaugh – The Attic: Chef Cameron offers a traditional steakhouse



The Restaurant Guy's

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DINING DIRECTORY

AMERICAN**HEIRLOOM A MODERN FARMHOUSE**

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714-375-6543

PLUNGE

1900 E. Ocean Blvd., Long Beach
(562) 373-7164

PROSPECTOR

2400 E. 7th St., Long Beach
(562) 438-3839

R BAR AND GRILL

106 W 3rd Street, Long Beach
562-432-0411

SUNRISE CAFE

4101 Lakewood Blvd., Lakewood
(562) 377-1234

BBQ**DERRICKS ON ATLANTIC**

3502 Atlantic Ave., Long Beach
(562) 337-8131

HARRY'S BBQ

Voted Favorite BBQ (Daily Breeze 2020)
25501 Narbonne Ave., Lomita
(310) 326-9842

NAPLES RIB COMPANY

5800 E. 2nd St., Long Beach
Voted Best BBQ (Press Telegram 2020)
(562) 439-7427

CAJUN**RAGIN CAJUN**

Voted Best Cajun (Daily Breeze 2020)
525 S. PCH, Redondo Beach
(310) 540-740

FAST FOOD**CHARO CHICKEN**

4752 E. PCH, Long Beach
(562) 498-5600

SPEEDEE MCDONALD'S

10207 Lakewood Blvd., Downey
(562) 622-9248

HAMBURGERS**IN N OUT**

Voted Best Fast Food
(Press Telegram 2020)
6391 E PCH Long Beach
800-786-1000

JOHN'S HAMBURGER

6223 E Spring St. Long Beach
Voted Favorite Burger (Press Telegram)
(562) 421-3663

Y NOT BURGER

22940 Hawthorne Blvd. Torrance
Voted Best Burger (Daily Breeze 2020)
(301) 375-4202

ITALIAN**BUONO'S PIZZERIA**

250 W. Ocean Blvd., Long Beach
(562) 432-2211

401 W. Willow St., Long Beach
(562) 595-6138

K PASTA

6281 PCH, Long Beach
(562) 494-8500

L'OPERA

101 Pine Ave., Long Beach
(562) 491-0066

MICHAEL'S ON NAPLES

Voted Best Italian (Press Telegram 2020)
5620 E 2nd St. Naples
562-439-7080

JUICE**SALUD JUICE**

1944 E 4th Street, Long Beach
(562) 528-8444

KOREAN**HAEWAH DAL KOREAN KITCHEN**

5020 E 2nd Street, Long Beach
(562) 343-7749

MEDITERRANEAN**CHICKEN MAISON**

3901 PCH Torrance
Voted Best Mediterranean (Daily Breeze)
(310) 465-1050

MARKETPLACE GRILL AND CAFE

4750 E. Coyotes Diagonal, Long Beach
(562) 498-3663

7877 Florence Ave., Downey
(562) 927-8700

MEXICAN**ENRIQUE'S**

6210 E. PCH, Long Beach
Voted Best Mexican (Press Telegram 2020)
(562) 498-3622

ORIGINAL RED ONION

Voted Best Mexican (Daily Breeze 2020)
736 Silver Spur Rd.
Palos Verdes Peninsula
310-377-5660

SPANISH**CAFE SEVILLA**

140 Pine Ave., Long Beach
Voted Best Spanish (Press Telegram 2020)
(562) 495-1111

SPORTS PUB**GLORY DAYS**

620 PCH, Seal Beach
(562) 522-5234

JOE JOSTS

2803 E Anaheim
Long Beach CA
(562) 439-5446

R BAR AND GRILL

106 W 3rd Street, Long Beach
562-432-0411

STEAK**SAN FRANCISCAN**

Voted Best Steak (Daily Breeze 2020)
2520 Sepulveda Blvd. Torrance
310-325-5231

THAI CUISINE**BAI-PLU THAI CUISINE & SUSHI BAR**

2119 Bellflower Blvd., Long Beach
(562) 343-2651/2661

BURGER WEEK

FROM PAGE 3

burger, served on a house-made sesame bun, sharing "I top it with our own A-1-style sauce, a nod to burgers I grew up eating."

Stephen Le – The Kroft: Don't tell Ronald McDonald but Chef

Stephen's Cheeseburger Fries taste just like a Big Mac. "We cover French fries with ground beef, American cheese, secret sauce, pickles, lettuce, tomatoes, and sesame seeds."

Ryan McNerney – Risü: Risü is a downtown, ocean-adjacent experience, which is why Chef Ryan created the Shrimp Burger, enhanced

with a lemon aioli and pickled Fresno chili for some heat, "and because it's good to try something a little different," he shared. Pair it with the pineapple mojito and it's like you're on vacation even if you're not.

For a full list of participating restaurants and Burger Week offers, visit www.BurgerWeekLB.com



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