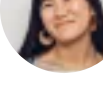


LA GUIDE

Where To Eat When You're Feeling Sad And Might Need To Cry

We're finer. We really are...



KAT HONG
SEPTEMBER 24, 2021



Newsflash: Sh*t kind of sucks right now.

Sure, we can distract ourselves with prestige television and pictures of Florence Pugh all day, but when it comes down to it, there's a lot of sadness in the world. There's loneliness and fear. There're big, fat tears permanently sitting behind our eyelids, threatening to roll out. And while of course, it's important to work on yourself, to understand where your emotions come from and why, sometimes that why is just because...sh*t kind of sucks right now.

The good news is you don't have to go at it alone. You have friends, family, and iconic Jewish delis in the Valley that serve curly fries and an entire chicken in a pot. Here is our guide to where to eat when you're feeling sad and might need to cry.

The Spots



8.4

Bicyclette

FRENCH BEVERLYWOOD

PERFECT FOR: DATE NIGHT DINNER WITH THE PARENTS SPECIAL OCCASIONS

\$\$\$ 9575 W PICO BLVD, LOS ANGELES

VIEW WEBSITE EARN 3X POINTS SAVE

We're not sure why, but French food seems tailor-made to be consumed whilst sad. Maybe that's because whenever we hear the word "baguette," our world turns to black and white. Or perhaps it's because the last time we watched *Ratatouille*, we were with our ex. Anyway, if everything's just feeling like... a lot, head to Bicyclette. This subterranean French bistro in Beverly Wood specializes in simple, heavy dishes that taste like they were injected with butter by Julia Child herself. Get the beef short ribs served with golden potato mousseline or escargot baked into wonderful pastry crust.



9.4

Jitlada

THAI EAST HOLLYWOOD

PERFECT FOR: CLASSIC ESTABLISHMENT IMPRESSING OUT OF TOWNERS CLASSIC ESTABLISHMENT

\$\$\$ 5233 SUNSET BLVD, LOS ANGELES

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Jitlada is a place we've cried at many, many times. Some of those times have been due to emotional turmoil (it's been a year!), but others, because the food is just so damn spicy. Between the crispy catfish salad, dry beef curry, and fearsome jungle curry - a fiery, bubbling pot that's rich and brown and resembles a volcano - there are definitely enough Scoville units at play here to justify any tears running down your face.

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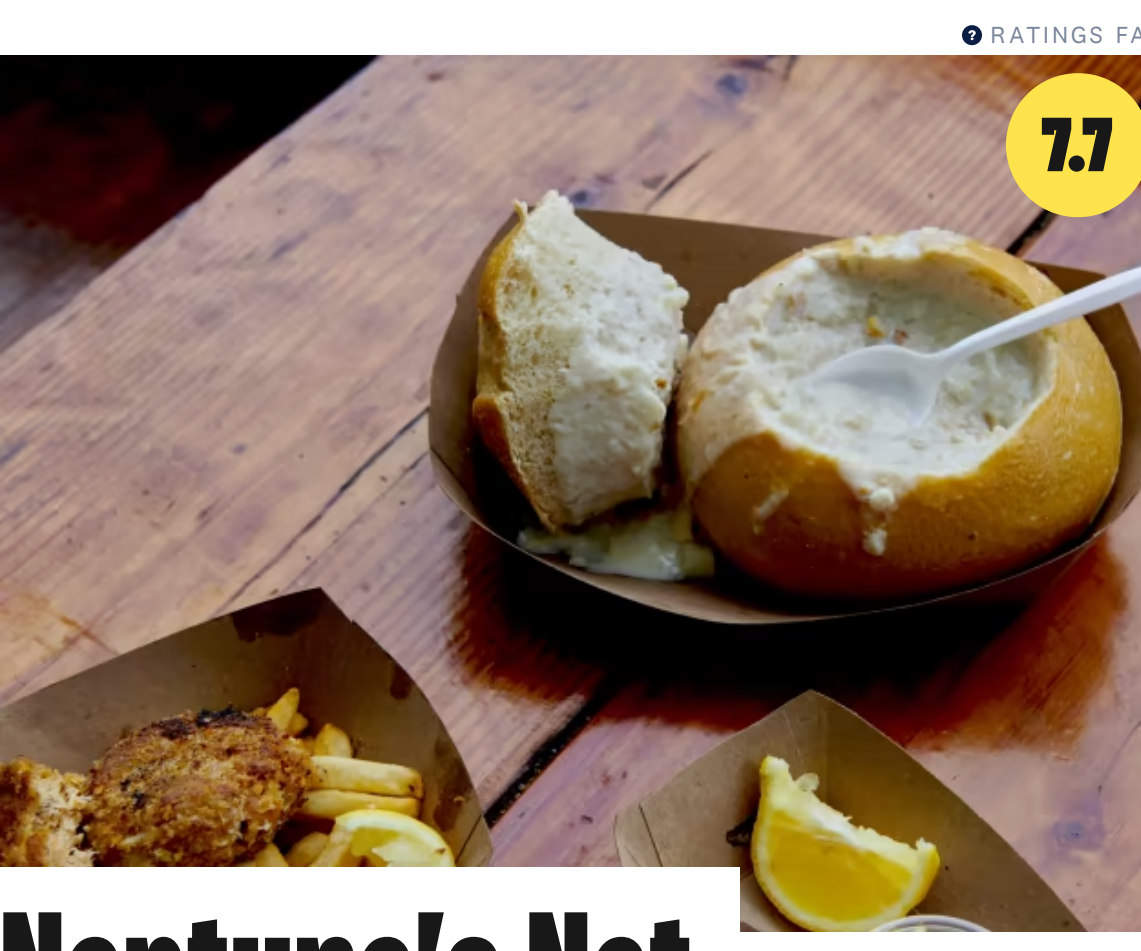
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7.7

Neptune's Net

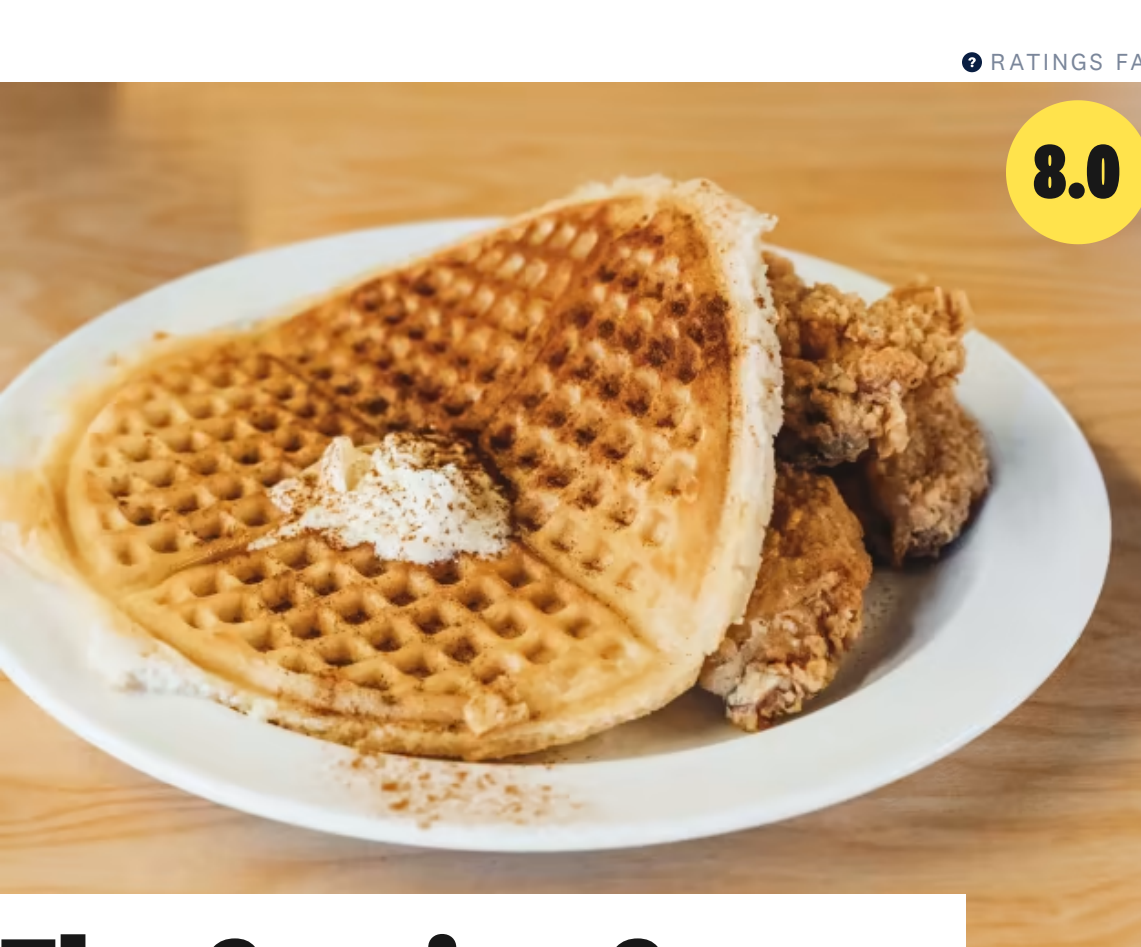
SEAFOOD MALIBU

PERFECT FOR: CLASSIC ESTABLISHMENT OUTDOOR/PATIO SITUATION PEOPLE WATCHING

\$\$\$ 42505 PACIFIC COAST HWY, MALIBU

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You know, sometimes it really all just hits you - none of this matters. When it comes to things like a fight with a friend or your favorite houseguest on *Big Brother* leaving the show, in the grand scheme of things, you won't remember them. They're tiny blips in the larger mess we call life. Which, on one hand, feels freeing, but on the other hand... am I just a little blip? Am I just as insignificant? We're not here to make those calls (can you imagine?), but a trip to Neptune's Net is the perfect remedy to any existential crises you might be having. A ride up the PCH, gorgeous views of the Pacific Ocean, and perhaps one or two clam chowder bread bowls to soothe the soul. Filled with both biker gangs and families making memories, this little seafood shack isn't a tourist trap, it's a love letter to LA and yourself.



8.0

The Serving Spoon

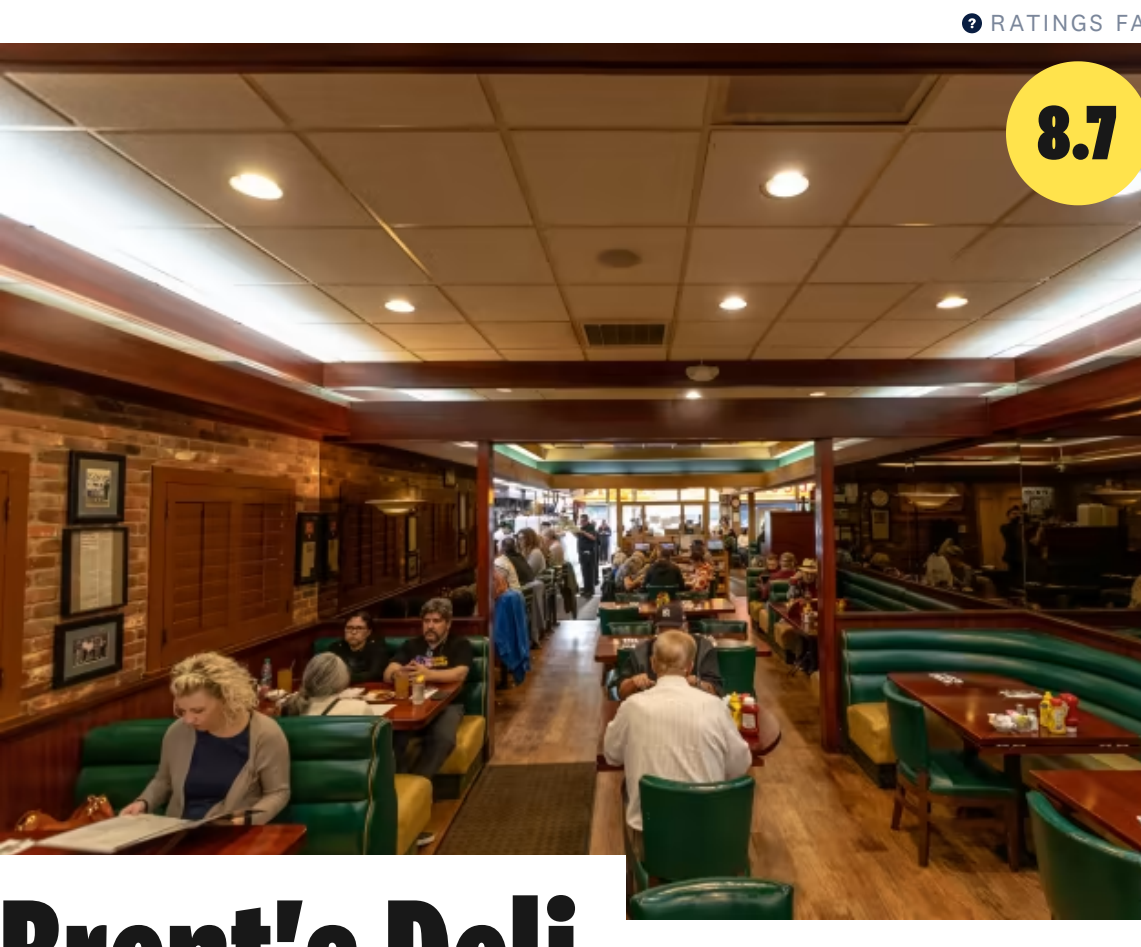
SOUTHERN INGLEWOOD

PERFECT FOR: BREAKFAST CLASSIC ESTABLISHMENT

\$\$\$ 1403 CENTINELA AVE, INGLEWOOD

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According to our therapist (and one, very accusing TikTok, when it comes to real heart-hurting pain, isolation is never the answer. Which, of course, sounds totally fake, but perhaps as a baby step, head to The Serving Spoon. Visiting this classic Inglewood diner is like attending a neighborhood block party - as soon as you walk in, you'll be greeted by a sea of families, groups of friends, and solo diners who have been coming here weekly for 35+ years. The fried catfish is tremendous, and the waffles are perhaps our favorite in town. Grab a seat at the counter and let the waitstaff shower you in attention, coffee refills, and sparkling conversation.



8.7

Brent's Deli

AMERICAN NORTHRIDGE

PERFECT FOR: BIG GROUPS CLASSIC ESTABLISHMENT LITERALLY EVERYONE

\$\$\$ 19565 PARTHENIA ST, NORTHRIDGE

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It's funny, but when you're surrounded by curly fries, black pastrami Reuben sandwiches piled a mile high, and a goddamn chicken in a pot, it's actually physically impossible to feel sad. We don't pretend to know how it works, but it's true. And there's no better place to wrap yourself in that exact order than at Brent's Deli. This iconic restaurant in the Valley has become an institution, known for defining Jewish food in the area and its 400+ item menu. The pastrami Reuben is their signature dish, but man, that chicken in the pot. Basically, it's a fully braised chicken with carrots and boiled potatoes served in a giant crock, plus an entire helping of matzo and krepelach on the side. Cry into it, cry onto it, or cry with it, anything's possible.



8.3

Sapp Coffee Shop

THAI THAI TOWN

PERFECT FOR: CHEAP EATS DINING SOLO

\$\$\$ 5183 HOLLYWOOD BLVD, LOS ANGELES

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When we were unemployed for many, many months, this low-key Thai restaurant was our go-to lunch spot. Partly because the food is relatively affordable (the excellent crab-covered jade noodles cost less than \$10), but mostly because we could post up with our journal, write the most depressing sh*t on Earth for a few hours, and no one would pay us any attention. At lunch especially, the crowd slows unceremoniously - there might be an old man reading the newspaper, a couple or two who couldn't care less about whatever you're going through, and staff members who are the perfect mix of attentive and hands-off.



7.7

Hinano Cafe

BAR VENICE

PERFECT FOR: CHEAP EATS CLASSIC ESTABLISHMENT DAY DRINKING PEOPLE WATCHING

\$\$\$ 15 WASHINGTON BLVD, VENICE

VIEW WEBSITE EARN 3X POINTS SAVE

And finally, we've made it to Hinano. We almost don't need to explain why a dive on the Venice boardwalk is an apt place to choke back tears, but in case we do, here's the pitch: Even in the most tourist-infested area in LA, Hinano has remained a local hangout, the kind of place you go into for a single drink then leave plastered and maybe with a new henna tattoo. It's been around since 1969 (nice) and serves a killer burger, there are three pool tables, free popcorn for everyone, a jukebox, and it opens at 8am sharp. No one will care if you're nursing a beer in the morning, and not a soul will mind if you sob and sing along to "My Heart Will Go On" three times in a row. Break-ups, lay-offs, or whenever that special brand of "I-don't-know-why-but-I-think-I'm-going-to-cry" hits you, go to Hinano.

65,000 bonus points closer to sipping on sunshine.

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SAPPHIRE RESERVE

EARN MORE

SUGGESTED READING

Where To Eat When It's Rainy And You're Sad

When it's lousy both outside and inside (your mind), here's where to make the most of it.

Where To Eat in LA After A Bad Week

19 places to grab a meal when the sh*t hits the fan.

21 Places For Delivery When It All Becomes Too Much

Where to eat when the nihilism becomes too much to bear.

17 LA Restaurants Where You Can Actually Find Parking

Where to go when the parking situation is almost as important as the eating situation.

INFATUATION

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