

Advertisement

Raymour
& Flanigan
FURNITURE
MATTRESSES

IT PAYS TO
GIVE BACK

HOLIDAY SWEEPSTAKES

\$500 RAYMOUR & FLANIGAN
GIFT CARD FOR YOU

PLUS

\$500 DONATION TO YOUR
FAVORITE CHARITY

Enter Sweepstakes

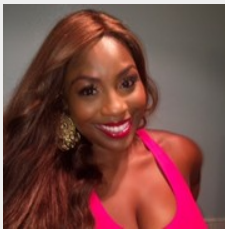
Close Ad X

Report this ad



examiner.com

In Life: Home & Living Pets Style & Fashion



Lakesha Yvette Walker

LA Dance Fitness Examiner

Read Bio

LIFE / HEALTH & FITNESS / FITNESS & EXERCISE

See also: diet, west hollywood, beach, cafe

Escape to Beach Nation: West Hollywood's newest eatery.

Like

4

Next: Lose weight fast with new 21 day diet program



June 10, 2014
12:56 AM MST



FEATURED VIDEO



 [View all](#)
20 photos

Beach Nation, West Hollywood

Beach Nation

Thanks to a savvy layout by famed designer and creator [Thomas Schoos](#), [Beach Nation](#) has become one of [West Hollywood](#)'s favorite new eateries and here's why you will love it too.

Reservations are not required and the environment is very chill.

You can order at the [counter](#) and chose from a variety of dishes that include grilled chicken sliders, roasted pepper paninis and egg sandwiches, as well as a shaved vegetable and kale salad selection that makes for a great post gym treat, as well as protein friendly sides like salmon filets and chicken breasts.

You can also enjoy heartier fare like pasta shells in a [red lentil bolognese](#) with san marzano tomatoes, parmesan snow and fresh basil.



Beach Nation

RELATED STORIES

 [Suzy Favor Hamilton: I had sex with 5 guys in one day due to bipolar depression](#)

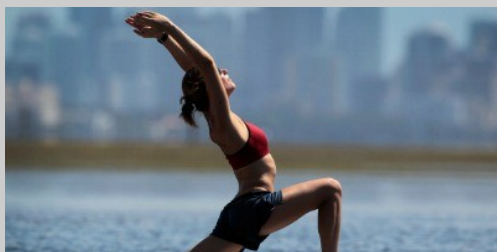
[Josh Duggar molested 6 underage girls: New abuse victim comes forward](#)

[Lose weight fast with new 21 day diet program](#)

.....
Dr. Oz reveals inexpensive anti-aging wrinkle creams and weight loss secrets
.....

■ **Skinny Angelina Jolie fuels anorexia rumors amid drastic weight loss: 79 pounds**

LIFE HIGHLIGHTS



Restorative exercise and the training effect

For athletes who are interested and proactive in the maintenance of their bodies, as well as those who are recuperating injuries, “restorative exercises” are part of the fitness regimen. A...

Doesn't that sound like a good thing to have for lunch?

Pastries and desserts come courtesy of LA bakery Rockenwagner and coffee is provided by [Barefoot Coffee](#) out of Santa Clara.

The [cafe](#) does not serve alcohol as yet, but plans to soon, now offering juice, soda and a variety of healthy snacks.

[Beach](#) Nation makes for a great date spot and there are plenty of spaces to hang with friends, so trust--you will be talking about this meal for a long time to come.

You're immediately welcomed by a sand pit filled with pretty pops of color and carefully selected details like wooden beach chairs, ceramic tables and Hang-10 pillows which fit the vibe of the cafe and make you feel as if you just stepped off the beach, not the corner of Santa Monica and Sweetzer.

Traffic and noise are not really an issue here as the cafe provides plenty of ambiance and you have the added bonus of being shaded by palm trees, sea grass and awnings to take your mind off any thoughts that you might be some place other than paradise.

And if you're ready to escape, check out Beach Nation!

[Beach Nation](#)

8289 Santa Monica Blvd.

West Hollywood, CA 90069

323-654-0020

Sunday -Thursday 7am to 10pm



Give A Dog A Dream embarks on mission to save lives

The Town of Huntington, NY will officially launch their "Give A Dog A Dream" foundation at the Huntington Honda showroom tomorrow. "Give A Dog A Dream is a non-profit that serves to match dogs in...

Friday and Saturday 7am to 12am

Report this content

SHARE THIS ARTICLE



[SUBSCRIBE TO AUTHOR](#)

YOU MAY LIKE



Holiday And Christmas Treat Recipes For Chocoholics
Food.com



20 Cutest Baby Animals
www.SplendidTimeNews.com



Here's How Princess Elisabeth TNT Did New York Fashion Week
Vogue

Sponsored Links by Taboola

NEXT ARTICLE

Lose weight fast with new 21 day diet program





Revealed: Inside Will Smith's California Mansion
Celebrity Mozo



Abandoned: The Rise, Fall and Decay of Disney's River Country
Theme Park Tourist



Day 11: Seven Dmexco talks you can't afford to miss
Campaign US

MORE FROM EXAMINER

by Taboola



The Latest On AXS



Comments

We were unable to load Disqus. If you are a moderator please see our [troubleshooting guide](#).

Advertisement

Report this ad

POPULAR in HEALTH & FITNESS

Omega XL Reviews: Is It Really A Scam? - Discover The Truth!

Rumors that Prince had HIV: what we need to know about the disease

Vital 3: How effective is their 3-Drop regimen?

■ Suzy Favor Hamilton: I had sex with 5 guys in one day due to bipolar depression

Josh Duggar molested 6 underage girls: New abuse victim comes forward

Lose weight fast with new 21 day diet program

Dr. Oz reveals inexpensive anti-aging wrinkle creams and weight loss secrets

📷 6 reasons why Multiple Sclerosis can be helped with 6 cups of coffee

Grizzly killing rampage horrible tragedy launched an all-out manhunt Pike County

📰 Skinny Angelina Jolie fuels anorexia rumors amid drastic weight loss: 79 pounds

What's Popular

ADVERTISEMENT



Mama June Looks Like A Supermodel, Total Transformation



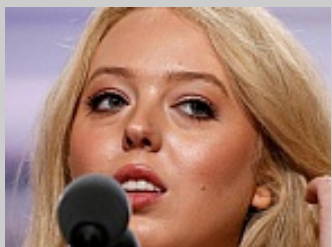
Missing Boat Discovered With Captain Still Inside!



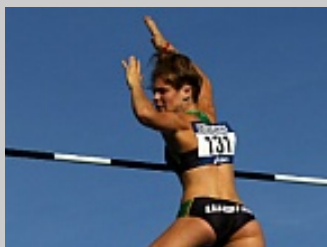
Richest Basketball Celebs and Women Behind Them!



Bad News About Metformin



Tiffany Trump Can't Hide From The Rumors Anymore...



She Didn't Realize And The Crowd Went Crazy

TRENDING on EXAMINER.COM

📺 **Longest canine resident at Maryland shelter so lonely he cries all day**

Black shepherd takes her last look at family as they walk away at busy shelter

■ Sears and Kmart list of 78 store closings: Liquidation sales start this month

Newborn dead after startled dog inflicts fatal injury

📷 Update - Owner surrenders shaking, crying dog to Tucson shelter

■ Boat belonging to teenagers lost at sea found: Personal belongings still inside

■ Kelly Ripa salary and net worth: Why Ripa can't afford to quit 'Live'

Dozens of puppy mill Labrador retrievers rescued in Wisconsin

Stray puppy chases down ambulance, and then something wonderful happened

📷 Tossed away Lab found covered in trash at bottom of dumpster


Advertisement





DE
Z
THE

Report this ad

Advertisement



Savings
you can share



Report this ad



COMPANY LINKS

- [About us](#)
- [OnTopic custom content](#)
- [The Rowdy](#)
- [Advertise with us](#)
- [Sitemap](#)

Examiner.com Entertainment | AXS Network | © 2006-2016 AXS Digital Group LLC d/b/a Examiner.com | [Privacy Policy](#) | [Terms of Use](#) | [About us](#)