

LA Unscripted | May 30th, 2023

<https://silosolo.com/504460>

Summary

The transcript discusses various seafood spots in LA, including Salty Girl seafood bar on Sunset Boulevard, Kamu vegan sushi in Downtown LA, and Koido fish market and raw bar in Santa Monica. These spots offer different types of seafood experiences, from traditional New England seafood to fusion dishes. The quality of the seafood is emphasized, with the lobster roll at Salty Girl receiving high praise. Kamu focuses on providing inclusive options for vegetarians and vegans, while Koido specializes in crudo and vegetables inspired by Southern Italian cuisine. The reviewers express their love for seafood and the unique experiences it offers, with a focus on sustainability and responsible sourcing.

Silo sample questions

- What type of seafood restaurants are available in LA?
- What is Salty Girl and what is their specialty?
- What does Kamu offer in terms of vegan options?
- What is Koido known for?
- What is the common theme among all the reviewed seafood spots?

Topics

Seafood restaurants in LA

Salty Girl seafood bar

Kamu vegan sushi

Koido fish market and raw bar

Fresh and high-quality seafood

Love for seafood

Sustainability and responsible sourcing

Key Takeaways

- Seafood restaurants in LA offer a variety of options, from traditional New England seafood to tinned fish and vegan sushi.
- Salty Girl is a seafood bar on Sunset Boulevard in West Hollywood that combines New England seafood with Spanish and Portuguese flavors.
- The lobster roll at Salty Girl is highly recommended and considered the best the reviewer has ever had.
- Kamu is a family-run sushi company in Downtown LA that offers a wide selection of vegan and vegetarian options.
- Koido is a fish market and raw bar in Santa Monica that specializes in crudo and vegetables, inspired by Southern Italian cuisine.

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