

PREPKITCHEN LA JOLLA

STARTERS

MULLIGATAWNY SOUP

Yellow Curry & Lentil Soup
with Cucumber Yogurt Raita
Cup \$4.5 | Bowl 8.5 (GF)

BURRATA

Green Garlic Pesto, Asparagus &
Prosciutto \$14.5 (GF)

MIDDLE EASTERN SAMPLER

Falafel, Hummus,
Carrot Salad, Olives &
Toasted Bread \$13.5

SEASONAL SOUP

Cup \$4.5 | Bowl 8.5

BACON WRAPPED DATES

Medjoul Dates, Blue Cheese, Bacon
& Arugula \$13.5 (GF)

CRISPY GREEN BEANS

Pickled Pepper Aioli \$9.5

SALADS

ADD FALAFEL 3 | CHICKEN or SHRIMP \$5 | ADD MARKET FISH \$6

WHITE BEAN SALAD

Arugula, Parmesan, Pesto
Braised White Beans, & Red
Onion \$11 (GF)

BEEF & SPINACH SALAD

Tangerines, Almonds,
Avocado, Goat Cheese &
Balsamic Vinaigrette \$12 (GF)

CAESAR SALAD

Romaine, Caesar Dressing,
Shaved Parmesan & Garlic
Croutons \$11 (GF)

ASIAN CHICKEN SALAD

Napa Cabbage, Carrot, Cashew, Sprouts, Green
Onion, Cilantro, Wonton & Pickled Ginger
Vinaigrette \$15.75 (GF)

ROASTED CHICKEN COBB SALAD

Little Gem Lettuce, Avocado Dressing, Blue Cheese,
Eggs, Radish, Bacon & Tomato \$16.5 (GF)

SANDWICHES

Served with Side Salad or French Fries | Add Cup of Soup +\$2

TUNA SANDWICH

Avocado, White Cheddar,
Cornichon Relish &
Remoulade \$14.5

FALAFEL

Pickled Vegetables, Hummus,
Yogurt & Tahini \$13.5

FISH TACOS

Guacamole, Pickled Red
Onions, Cabbage, Crema,
Cilantro & Radish \$15.75 (GF)

FRIED CHICKEN SANDWICH

Buttermilk Fried Chicken, Lemon Aioli, Bread &
Butter Pickles \$14.75

CHEESE BURGER

L, T, O, Pickles & Fries \$15.75
Whisknadle'ize It | +\$4 (GF)

SIGNATURE DISHES

MUSSELS & FRIES

White Wine, Bay Leaf, Carrots, Celery, Onion &
Garlic Mayonnaise \$17.75 (GF)

FUSILLI BOLOGNESE

Beef, Pancetta, Tomato & Parmesan
Baby Bolo \$13 / Entrée \$19

CHIPOTLE BRAISED CHICKEN CHILAQUILES

Crunchy Tortilla, Avocado, Onion, Queso Fresco,
Crema, Fried Egg & Cilantro \$15.75 (GF)

SHRIMP RIGATONI

Pesto, Lemon Butter, Tomato, Chili & Bread Crumbs
\$18.5

SIMPLE ENTREES

Served With Sautéed Vegetables & Roasted Red Bliss Potatoes

LOCAL FRESH CATCH

M/P (GF)

PORTER BRAISED BEEF

Porter Jus \$24

SKIRT STEAK

Chimichurri \$24

GARLIC PRAWNS

White Wine, Chili Flake & Garlic
Butter
(5) \$17 / (8) \$22 (GF)

ROASTED CHICKEN

Garlic & Rosemary
Chicken Jus
(¾) \$16.50 / (½) 23.75 (GF)

ROASTED CAULIFLOWER*

Hummus, Sugar Snap Peas, Chick
Peas & House Made Naan \$19 (GF)

Water & Bread is Available Upon Request
(GF) -- Items CAN Be Made Gluten Free

Please Inform Your Server of ALL Allergies & Dietary Restrictions
20% Service Charge Will be Added to all Parties of 6 or More

IN FULL SUPPORT OF THE RISING MINIMUM WAGE, A 3.75% SURCHARGE WILL BE ADDED TO ALL CHECKS. WE APPRECIATE YOUR SUPPORT AND UNDERSTANDING AND WILL CONTINUE TO PUT OUR HEART AND SOUL INTO PROVIDING DELICIOUS FOOD, EXCEPTIONAL SERVICE AND GENUINE HOSPITALITY. TO FIND OUT MORE, VISIT WWW.WNLHOSP.COM/RIGHTTHINGTODO.COM OR EMAIL RTTD@WNLHOSP.COM

LOOKING FOR ANOTHER REASON TO RETURN OR DINE AT ONE OF OUR OTHER RESTAURANTS?

SUNDAY SUPPER @ PREPKITCHEN

Home Cooking like Mom used to make served family style for you and yours

MEATBALL MONDAY @ CATANIA

Italian "Red Sauce" Classics done right. Fuggedaboutit.

FRICKN TUESDAY @ WHISKNLADLE

Southern Fried Chicken with soul at its finest

QUE MILAGRO @ MILAGRO WINERY

"Mexican" Street Food Saturdays and Sundays at our Sister Winery/Farm

www.WNLHOSP.COM

PK "COCKTAILS"

HOUSE RED SANGRIA Red Burgundy, Apple & Orange	9.5/36	PINEAPPLE GINGER MIMOSA Cava, Pineapple, Ginger & Lemon	10.5
BLOODY SHAME Fermented *Vodka* & Spiced Tomato Mix	10.5	PASSION FRUIT MIMOSA Cava, Passion Fruit, Vanilla & Lemon	10.5
CUCUMBER HONEY MIMOSA Cava, Cucumber & Honey	10.5	SEASONAL MIMOSA Cava, White Peach, Lavender & Lemon	10.5

WHITES BY THE GLASS

CAVA Poema Brut, Penedes, Spain	10/40
ALBARINO Raimat, Catalunya, SP	12/48
SAUVIGNON BLANC Douglas Green, South Africa	12/48
GODELLO Vina Reboreda, Ribiero, SP	10/40
CHARDONNAY BLEND Cellaro 'Luma', Sicily, IT	9/36
ROSE Grand Theatre, Bordeaux, FR	11/44
CHARDONNAY Angeline, Monterey County, CA	12/48

REDS BY THE GLASS

PINOT NOIR Wild Oats, Edna Valley, CA	12/48
TEMPRANILLO Pata Negra, Valdepeñas, SP	11/44
CABERNET Project Paso, Paso Robles, CA	12/48
RED BLEND Monte Volpe, Mendocino County, CA	10/40
MALBEC The Gambler, Mendoza, Argentina	10/40
ZINFANDEL BLEND Red Splash, CA	10/40
MONTEPULCIANO Colonnella 'Corone', Abruzzo, IT	11/44

WHITES BY THE BOTTLE

SPARKLING ROSE Medivol, Cremant de Limoux, FR NV	56
RIESLING Barth 'Charta', Rheingau, GE, '11	52
GARNATXA BLANCA Castillo Perelada, Emporda, SP '12	48
SAUVIGNON BLANC Michel Reolde et Fils, Sancerre, FR '15	57
VOLCANO WHITE Villa Grande 'Etna Bianco' Sicily, IT '15	49
MUSCADET SUR LIE Véronique Günther Chéreau, Loire, FR '13	53
ARNEIS Carlin Paolo 'Terre Alfieri', Piedmonte, IT '13	58
CHARDONNAY Wait Cellar, Russian River Valley, CA '15	54
VIIGNIER Powell Mountain Cellars, Paso Robles, CA '14	56

REDS BY THE BOTTLE

PINOT NOIR Ponzi 'Tavola', Willamette Valley, OR '14	58
PINOT NOIR Objet D'Art, Santa Barbara, CA '15	68
TEMPRANILLO Vina Pomal, Reserva, Rioja, SP '11	59
BARBARESCO La Ca Nova, Piedmont, IT '13	68
CHIANTI CLASSICO Bibbiano DOCG, Tuscany, IT '12	59
BORDEAUX Cap Royal, Bordeaux Superieur, FR '12	48
SYRAH BLEND G. Bertrand, Minervois, FR '12	45
SYRAH BLEND Stolpman, 'La Cuadrilla', Ballard Canyon, CA '15	52
ZINFANDEL Bruliam, 'Rocky Ridge', Sonoma County, CA '13	67
CABERNET Volunteer, Napa Valley, CA '14	74

BOTTLED & CANNED BEER

CIDER Two Towns 'Bright Cider', Corvallis, Oregon IGF	6
N/A Clausthaler, Germany	5.5
LAGER Green Flash Brewing 'Sea to Sea', San Diego, CA	7
KOLSCH Hess Brewing 'Claritas', San Diego, CA (16oz)	8
PILSNER Fall Brewing 'Plenty For All', San Diego, CA	7
WHITE ALE Allagash Brewing Co., Portland, Maine	8
BLONDE ALE Brouwerij Affligem, Opwijk, Belgium	8
PALE ALE Alesmith '.394', San Diego, CA	7.5
IPA Bell's Two Hearted, Comstock, MI	8
IPA New English 'Prepkitchen Pure & Simple', San Diego, CA(22oz)	17
IPA Alpine Brewing Co. 'Duet', San Diego, CA	8
IIPA Stone Brewing 'Ruinination 2.0', San Diego, CA	8.5
RED IPA Stone Brewing 'Pataskala', San Diego, CA	8.5
BROWN ALE Alesmith 'Nut Brown', San Diego, CA	7.5
IMPERIAL PORTER Flying Dog 'Gonzo', Frederick, MD	9
SOUR Brouwerij Verhaegje, Duchesse de Bourgogne, Belgium	11

PLANNING A PARTY? OR JUST HAVING A GET TOGETHER WITH FRIENDS?

ALL WHISKNLADLE HOSPITALITY RESTAURANTS OFFER BOTH FAMILY STYLE LARGE PARTY MENUS. ALL 5 LOCATIONS OFFER A UNIQUE EXPERIENCE. WE ALSO OFFER CATERING MENUS FOR ALL OF YOUR OFFSITE PARTY NEEDS

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FOR CATERING PLEASE EMAIL CATER@WNLHOSP.COM

WHISKNLADLE
HOSPITALITY

whisknladle
true farm-to-table cuisine

PREPKITCHEN
seasonal comfort food



CATANIA
coastal italian

mILAGRO
winery & farm