

# 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

### HANGER 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

Substitutions Minimum Charge of \$2

(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 support of the rising minimum wage and in lieu of raising prices, 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](http://www.wnlhosp.com/rightthingtodo.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](http://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 [GF]	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 'Ruinatation 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

FOR IN HOUSE PARTIES PLEASE EMAIL  
[EVENTS@WNLHOSP.COM](mailto:EVENTS@WNLHOSP.COM)

FOR CATERING PLEASE EMAIL [CATER@WNLHOSP.COM](mailto:CATER@WNLHOSP.COM)

**WHISKNLADLE  
HOSPITALITY**

**whisknladle**  
true farm-to-table cuisine

**PREPKITCHEN**  
seasonal comfort food



**CATANIA**  
coastal italian

**MILAGRO**  
winery & farm