

PREPKITCHEN

LA JOLLA

7556 FAY AVE. LA JOLLA

HAVE YOU TRIED OUR HAPPY
HOUR? 3-6PM DAILY
(starred beverages, 5.95)

SMALL PLATES & STARTERS

MULLIGATAWNY SOUP 4.5/9 {gf}
yellow curry & lentil soup, cucumber yogurt raita

SEASONAL SOUP 4.5/9
soup of the day

HEIRLOOM TOMATO & BURRATA 15.50 {gf}
*heirloom & cherry tomatoes, basil, balsamic reduction,
fleur du sel*

BACON WRAPPED DATES 13.95
medjoul dates, blue cheese, bacon, arugula

CRISPY GREEN BEANS 9.95 *aioli*

MIDDLE EASTERN SAMPLER 14.75
falafel, hummus, carrot salad, olives, toasted bread

SANDWICHES

all sandwiches come with green salad or french fries
BOTH fries & salad add \$1.50

TUNA MELT 14.50 {gf}
*albacore tuna, caramelized onion, white cheddar,
remoulade*

FALAFEL 13.95
pickled vegetables, hummus, yogurt, tahini

FISH TACOS 15.95 {gf}
guacamole, red onion, cabbage, crema, cilantro, radish

FRIED CHICKEN SANDWICH 14.95
*butter milk fried chicken, lemon aioli, bread and butter
pickles*

B.A.T 13.95
heirloom tomato, bacon, avocado, arugula, aioli

PREPKITCHEN BURGER 19.75 {gf}
cheddar, bacon, siracusian onion, remoulade, farm egg

20% GRATUITY ADDED TO TABLES OF 6 OR MORE

\$20 CORKAGE PER EACH 750 ML BOTTLE
BUY A BOTTLE OF OURS AND WE WAIVE THE FEE

GREENS

PREPKITCHEN CAESAR 12.95 {gf}
romaine, anchovy dressing, parmesan, garlic croutons

BEEF & SPINACH SALAD 13.50 {gf}
almond, strawberries, fennel, honey goat cheese, balsamic

WHITE BEAN SALAD 12.50 {gf}
arugula, parmesan, pesto braised white beans, red onion

ASIAN CHICKEN SALAD 16.75 {gf}
*napa cabbage, carrot, cashew, sprouts, green onion, crispy
wonton, pickled ginger vinaigrette*

CORN & GREEN BEAN SALAD WITH ROASTED CHICKEN
16.95 {gf}
*spinach, corn, applewood bacon, siracusian onion, green beans,
sage vinaigrette*

Add Falafel \$3 / Chicken \$5 / Shrimp \$5 / Market Fish \$6

SIGNATURE DISHES

LOCAL MUSSELS AND FRIES 18.50 {gf}
garlic soffrito, bay leaf, aioli

CHILAQUILES 15.95 {gf}
*chipotle braised chicken, crunchy tortilla, avocado, red onion,
queso fresco, crema, cilantro, fried egg*

ROASTED CAULIFLOWER 19.50 {gf}
Hummus, butternut squash, chick pea, house made naan

FUSILLI BOLOGNESE 19.95
beef, pancetta, tomato, parmesan

SHRIMP RIGATONI 21.00
pesto, lemon butter, cherry tomato, chili, bread crumbs

SIMPLE ENTREES

FRESH CATCH M/P {gf}
corn succotash, basil butter

PORTER BRAISED BEEF 24.50
mashed potatoes, broccolini, porter jus

SKIRT STEAK 24.75 {gf}
roasted potatoes, broccolini and chimichurri

GARLIC PRAWNS 23 {gf}
corn succotash, garlic butter

ROASTED CHICKEN {1/4} 17.95 / {1/2} 23.75 {gf}
roasted potatoes, broccolini and chicken jus

{GF} – dishes that can be made gluten free / Please alert
your server of all allergies

In support of the rising minimum wage, a 3.75% surcharge will be added to all checks. It helps us to improve the pay for our employees both in the dining room and the kitchen while continuing to provide the same delicious food, exceptional service and genuine hospitality we are known for. If you'd like more information about this decision please email info@prepkitchen.com.

“COCKTAILS”

☛ **House Sangria 9.5/36**
Red burgundy, apple, orange

☛ **Bloody Shame 10.5**
“vodka”, tomato juice, the works

☛ **Pineapple Ginger Mimosa 10.5**
cava, pineapple, ginger, lemon

☛ **Seasonal Mimosa 10.5**
cava, white peach, lavender, lemon

☛ **Cucumber Honey Mimosa 10.5**
cava, cucumber water, honey syrup

☛ **Passion Fruit Mimosa 10.5**
cava, passion fruit, vanilla, lemon

White glass

red glass

☛ **Cava** | Poema Brut, Penedes, SP **10/40**

☛ **Albarino** | Raimat, Catalunya, SP **12/48**

Sauvignon Blanc | Douglas Green, South Africa **12/48**

Godello | Vina Reboreda, Ribiero, SP **10/40**

☛ **Pinot Grigio** | Tiziano, Delle Venezie, IT **11/44**

☛ **Rose** | Chateau du Rouet, Reserve Cuvee, Provence FR **11/44**

Chardonnay | Bannister, Alexander Valley, CA **14/56**

Rhone Blend | E. Guigal, Cotes-du-Rhone, FR **12/48**

White 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**

Carricante | Villa Grande ‘Etna Bianco’ Sicily, IT ‘15 **49**

Muscadet sur lie | Véronique Günther Chéreau, FR ‘13 **53**

Arneis | Carlin Paolo ‘Terre Alfieri’, Piedmonte, IT ‘13 **58**

Chardonnay | Wait Cellar, Russian River Valley, CA ‘15 **54**

Bottled & canned beer

Cider | Two Towns ‘Bright Cider’, Corvallis, Oregon [GF] **6**

Radler | Great Divide ‘Roadie’, Denver, Colorado **6.5**

N/A | Clausthaler, Germany **5.5**

☛ **Lager** | Thorn St. Brewing ‘Barrio Lager’, San Diego CA **7**

Kolsch | Hess Brewing ‘Claritas’, San Diego, CA **7**

☛ **Pilsner** | Fall Brewing ‘Plenty For All’, San Diego, CA **7**

White Ale | Allagash Brewing Co., Portland, ME **8**

☛ **Blonde Ale** | Brouwerij Affligem, Opwijk, Belgium **8**

☛ **Pale Ale** | Alesmith ‘.394’, San Diego, CA **7.5**

Pinot Noir | Lander Jenkins, St. Helena, CA **12/48**

☛ **Tempranillo** | Pata Negra, Toro, SP **11/44**

Cabernet | Aquinas, North Coast, CA **12/48**

☛ **Red Blend** | Monte Volpe, Mendocino County, CA **10/40**

☛ **Malbec** | Bodega Viamonte ‘Montevia’, Mendoza, Argentina **10/40**

Carignane | Graziano ‘Old Vine’, Mendocino County, CA **11/44**

Rosso Italiano | Zio Porco ‘In Pork We Trust’, Veneto, Italy **11/44**

Grenache | Bonpas, Cotes-du-Rhone, FR **11/44**

Red 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**

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

IPA | Latitude 33 ‘Blood Orange IPA’, San Diego, CA **8**

IPA | Bell’s Two Hearted, Comstock, MI **8**

IPA | Alpine Brewing Co. ‘Duet’, San Diego, CA **8**

IPA | New English ‘PK Pure & Simple’, San Diego, CA **8**

IIPA | Rip Current ‘Lupulin Lust’, San Diego, CA **8**

IIPA | Stone Brewing ‘Ruinination 2.0’, 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 PREPKITCHEN RESTAURANTS OFFER BOTH FAMILY STYLE LARGE PARTY MENUS. ALL 5 LOCATIONS OFFER A UNIQUE EXPERIENCE. FOR IN HOUSE PARTIES PLEASE EMAIL INFO@PREPKITCHEN.COM. FOR CATERING PLEASE EMAIL CATERING@PREPKITCHEN.COM.