

# PREPKITCHEN

## LA JOLLA

7556 FAY AVE. LA JOLLA

**HAVE YOU TRIED OUR HAPPY  
HOUR? FOOD, 3-5 PM.  
DRINKS, 3-6 PM.**

### 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 14.95 {gf}  
*heirloom & cherry tomatoes, basil, balsamic reduction, fleur du sel*

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

CRISPY GREEN BEANS 9.50  
*pickled pepper aioli*

MIDDLE EASTERN SAMPLER 13.95  
*falafel, hummus, carrot salad, olives, toasted bread*

### SANDWICHES

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

CHEESE BURGER 15.75 {gf}  
*cheddar, lettuce, red onion, tomato, pickles, Dijon, mayo*

WHISKNLADLE 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 WILL WAIVE THE FEE

### GREENS

WHISKNLADLE CAESAR 12.50 {gf}  
*romaine, anchovy dressing, parmesan, garlic croutons*

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

WHITE BEAN SALAD 12.00 {gf}  
*arugula, parmesan, pesto braised white beans, red onion*

ASIAN CHICKEN SALAD 15.95 {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 17.75 {gf}  
*garlic sofrito, 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, sugar snap pea, chick pea, house made naan*

FUSILLI BOLOGNESE 13/19  
*beef, pancetta, tomato, parmesan*

SHRIMP RIGATONI 18.50  
*pesto, lemon butter, cherry tomato, chili, bread crumbs*

### SIMPLE ENTREES

LOCAL 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 {5} 17 / {8} 23 {gf}  
*corn succotash, garlic butter*

ROASTED CHICKEN {1/4} 16.95 / {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 enables us to improve the pay for all of 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 THE DECISION, PLEASE VISIT**

[wnlhosp.com/rightthingtodo](http://wnlhosp.com/rightthingtodo) or email [rttd@wnlhosp.com](mailto:rttd@wnlhosp.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**

**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**

## 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**

**Viognier** | Powell Mountain Cellars, Paso Robles, CA ’14 **56**

## 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 **52**

**Cabernet** | Volunteer, Napa Valley, CA ’14 **74**

## 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** | Green Flash Brewing ‘Sea to Sea’, 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**

**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**

Having a party? WNL Hosp Caters

Please email [cater@wnlhosp.com](mailto:cater@wnlhosp.com) For more info

Check out Catania on Monday nights for Meatball Mondays - Italian red sauce dishes done right

Have you been out to our winery mil argro yet? Friday - Sunday with Mexican street food