

PREPKITCHEN

LA JOLLA

7556 FAY AVE. LA JOLLA

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

BRUNCH STARTERS & HUEVOS

RICOTTA DONUT HOLES 6.75

powdered sugar

LOCAL FARMERS MARKET SEASONAL FRUIT 6.95 {gf}

mint, ginger

PORK & SAGE SAUSAGE SCRAMBLE 12.95 {gf}

fontina, braised kale served with toast and potatoes

WILD MUSHROOM OMLELET 13.50 {gf}

brie, ham, leeks, black truffle oil served with toast and potatoes

2 EGGS ANY STYLE 10.75 {gf}

whole wheat toast, breakfast potatoes {extra egg \$2}

SIDE OF BACON 3.50 {gf}

SIDE OF BREAKFAST POTATOES 3.00

BRUNCH ENTREES

CHILAQUILES 15.95 {gf}

chipotle braised chicken, crunchy tortilla, avocado, red onion, queso fresco, crema, cilantro

FRENCH TOAST 14.25

strawberries, bananas, ricotta whipped cream, candied almonds & syrup

EGGS BENEDICT 15.75

poached eggs, buttermilk biscuit, spinach, canadian bacon, hollandaise

HUEVOS RANCHEROS 15.50 {gf}

black beans, pepperjack, crunchy tortilla, salsa verde

STEAK & EGGS 14.50

2 eggs any style, ranchero sauce, breakfast potatoes & toast

PORTER BRAISED BEEF HASH 16.50

whole wheat toast, potatoes, spinach, poached eggs

{GF} – dishes that can be made gluten free

Please alert your server of all allergies

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

PREPKITCHEN CAESAR 12.50 {gf}

romaine, anchovy dressing, parmesan, garlic crouton

BEET & SPINACH SALAD 13.50 {gf}

almond, tangerines, goat cheese, balsamic, avocado

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

NICOISE SALAD 14.75 {gf}

spring mix, green beans, egg, marinated olives, anchovies, roasted tomato, pesto vinaigrette

Add Falafel \$3 / Chicken \$5 / Shrimp \$5 / Market Fish \$6 / Steak \$8

LUNCH STARTERS & SHARES

MULLIGATAWNY SOUP 4.5/9 {gf}

yellow curry & lentil soup, cucumber yogurt raita

SEASONAL SOUP 4.5/9

soup of the day

ASPARAGUS & BURRATA 14.95 {gf}

green garlic pesto, prosciutto, asparagus & crostini

BACON WRAPPED DATES 13.95

medjoul dates, blue cheese, bacon, arugula

MIDDLE EASTERN SAMPLER 13.95

falafel, hummus, carrot salad, olives, toasted bread

SANDWICHES

all sandwiches come with green salad or french fries

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

buttermilk fried chicken, lemon aioli, bread and butter pickles

CHEESE BURGER 15.75 {gf}

cheddar, lettuce, red onion, tomato, pickles, dijon, mayo

POBLANO TORTA 13.25

chipotle aioli, black beans, pico de gallo, lettuce, avocado, queso fresco, plantain chips

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 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 THIS DECISION PLEASE EMAIL INFO@PREPKITCHEN.COM.

“COCKTAILS”

House Sangria 6

Red burgundy, apple, orange

Bloody Shame 7

“vodka”, tomato juice, the works

White Peach & Lavender Mimosa 7

cava, white peach, lavender, lemon

Cucumber Honey Mimosa 7

cava, cucumber water, honey syrup

Passion Fruit Mimosa 7

cava, passion fruit, vanilla, lemon

WHITE GLASS

- Cava** | Poema Brut, Penedes, SP **10/40**
Albarino | Raimat, Catalunya, SP **12/48**
Sauvignon Blanc | Douglas Green, South Africa **12/48**
Vinho Verde | Broadbent, Vinho Verde, PT **10/40**
Pinot Grigio | Tiziano, Delle Venezie, IT **11/44**
Rose | Chateau du Rouet, Reserve Cuvee, Provence FR **11/44**
Chardonnay | Pacificana, Buellton, CA **12/48**
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**
Pinot Grigio | Kobal ‘Pink Pinot Grigio’, Ptuj, SI ‘16 **58**
Chardonnay | Y. Rousseau, Napa Valley, CA ‘15 **56**
Viognier | Powell Mountain Cellars, Paso Robles, CA ‘14 **56**

RED GLASS

- Pinot Noir** | Lander Jenkins, St. Helena, CA **12/48**
Tempranillo | Pata Negra, Valdepenas, SP **11/44**
Cabernet | California Karma, Paso Robles, 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 **52**
Zinfandel | Saini Vineyards, Sonoma County, CA ‘16 **56**
Cabernet | Toby Lane, Anderson Valley, CA ‘12 **82**

BOTTLED & CANNED BEER

- Cider** | Two Towns ‘Bright Cider’, Corvallis, Oregon [GF] **6**
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**
Cream Ale | Mother Earth ‘Cali Creamin’, San Diego, CA **8**
Blonde Ale | Rip Current ‘Bodysurfing Blonde’, San Diego, CA **8**
Pale Ale | Alesmith ‘.394’, San Diego, CA **7.5**

- IPA** | Latitude 33 ‘Blood Orange IPA’, San Diego, CA **8**
IPA | Bell’s Two Hearted, Comstock, MI **8**
IPA | Stone Brewing ‘Delicious IPA’, 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**
Coffee Imperial Porter | Rip Current ‘Java Storm’ San Diego, CA **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.