

# PREPKITCHEN

## LA JOLLA

7556 FAY AVE. LA JOLLA

**HAVE YOU TRIED OUR HAPPY  
HOUR? 3-6PMDAILY  
(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*

PERSIMMON & BURRATA 14.95 {gf}  
*smoked burrata, prosciutto, persimmon, arugula, vanilla citrus  
vinaigrette, crostini*

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

TEMPURA CAULIFLOWER 9.95  
*pickled pepper 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*

POBLANO TORTA 13.25  
*chipotle aioli, pico de gallo, lettuce, avocado, queso fresco,  
plantain chips*

PREPKITCHEN BURGER 19.75 {gf}  
*cheddar, bacon, siracusan 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*

BEET & SPINACH SALAD 13.50 {gf}  
*almond, tangerines, goat cheese, balsamic, avocado*

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*

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

### SIGNATURE DISHES

LOCAL MUSSELS AND FRIES 18.50 {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, butternut squash, chick pea, house made naan*

FUSILLI BOLOGNESE 19.95  
*beef, pancetta, tomato, parmesan*

CLAM LINGUINE 21.00  
*tomato sauce, linguica sausage, aioli*

### SIMPLE ENTREES

FRESH CATCH M/P {gf}  
*olive oil mashed potatoes, piperade*

PORTER BRAISED BEEF 24.50  
*mashed potatoes, broccolini, porter jus*

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

GARLIC PRAWNS 23 {gf}  
*olive oil mashed potatoes, piperade*

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 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](mailto:INFO@PREPKITCHEN.COM).**

## "COCKTAILS"

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

✪ **Bloody Shame 10.5**  
*"vodka", tomato juice, the works*

✪ **White Peach & Lavender 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** | Rimat, 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**

**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**

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

**Zinfandel** | Saini Vineyards, Sonoma County, CA '16 **56**

## 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**

✪ **Blonde Ale** | Rip Current 'Bodysurfing Blonde', San Diego, **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](mailto:INFO@PREPKITCHEN.COM). FOR CATERING PLEASE EMAIL [CATERING@PREPKITCHEN.COM](mailto:CATERING@PREPKITCHEN.COM).**