

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

ASPARAGUS & BURATTA 14.95 {gf}
green garlic pesto, prosciutto, asparagus & 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, black beans, 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 / Steak \$8

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, asparagus, 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.

"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** | 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**

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 | Toby Lane, Anderson Valley, CA '12 **82**

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**

Cream Ale | Mother Earth 'Cali Creamin', San Diego, CA **8**

✦ **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. FOR CATERING PLEASE EMAIL CATERING@PREPKITCHEN.COM.