

# PREPKITCHEN DEL MAR

1201 CAMINO DEL MAR, DEL MAR

**HAVE YOU TRIED OUR HAPPY  
HOUR? 3-5PM DAILY  
\$5.55 Tapas & Drinks**

## HUEVOS

*all come served with whole wheat toast & breakfast potatoes*

THE COOKS OMELET 13.25 {gf}  
*roasted mushrooms, melted leeks, & goat cheese*

APPLEWOOD SMOKED BACON SCRAMBLE 13.50 {gf}  
*spinach, cheddar, thyme*

2 EGGS AND BACON 12.75 {gf}  
*any way you want them {extra egg \$2}*

## BREAKFAST SPECIALITES

SEASONAL FRUIT BOWL 6.95 {gf}  
*mint, simple syrup*

RICOTTA DONUT HOLES 6.25  
*powdered sugar*

CHILAQUILES 15.75 {gf}  
*chipotle braised chicken, avocado, red onion,  
queso fresco, cilantro*

EGGS BENEDICT 15.75  
*housemade english muffins, canadian bacon, hollandaise,  
arugula, paprika*

CINNAMON ROLL PANCAKES 13.95  
*cinnamon sugar filling, cream cheese glaze & toasted pecans*

PORK BELLY FRENCH TOAST 14.25  
*siracusan onions, maple-dijon vinaigrette,  
fried egg & arugula*

HUEVOS RANCHEROS 15.50 {gf}  
*black beans, pepperjack, avocado, corn tortilla, cilantro*

SIDE OF BACON 4.5 {gf}

SIDE OF BREAKFAST POTATOES 3.75

SIDE OF FRENCH TOAST 5.00

{GF} – dishes that can be made gluten free.

## GREENS

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

BEET & SPINACH SALAD 13.50 {gf}  
*almond, strawberry, fennel, honey goat cheese, balsamic*

SUMMER SALAD 13.00 {gf}  
*frog hollow farm peaches, fennel, candied pecans, toasted bucherone,  
champagne honey vinaigrette*

Add Chicken \$4 / Shrimp \$4.5 / Market Fish \$5 / Steak \$6

## LUNCH DISHES

LOCAL MUSSELS AND FRIES 18.95 {gf}  
*garlic sofrito, bay leaf, aioli*

TUNA MELT 13.95  
*aged gouda, remoulade, caramelized onion*

VEGAN MEATBALL SUB 14.00  
*falafel, quinoa, roasted portabello mushrooms, piperade*

FISH TACOS 14.95 {gf}  
*tomatillo salsa, cabbage, red onion, cilantro, avocado crema*

CHEESE BURGER 15.25 {gf}  
*gouda, lettuce, red onion, tomatoes, dijonnaise*

## DESSERTS

PEANUT BUTTER CHOCLOATE CAKE 10.00  
*vanilla gelato, peanut butter cream cheese icing, candied peanuts*

CAPPUCCINO PANNA COTTA 8.50  
*chantilly cream, hazelnut biscotti, cinnamon*

PEACH PAVLOVA 10.00  
*lemon curd, peach, blackberry syrup & mint*

CHOCOLATE CHIP COOKIE SANDWICH 3.00 EACH  
*fresh baked cookies, vanilla gelato*

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

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**

[wnlhosn.com/rightthinatodo](http://wnlhosn.com/rightthinatodo)

## "COCKTAILS"

**House Sangria 5.55/25**

*red burgundy, apple, orange*

**Bloody Shame 7**

*"vodka", tomato juice, the works*

**Cold Brew 7**

*stumptown, portland oregon*

**Watermelon Mimosa 7**

*cava, watermelon, mint*

**Cucumber Honey Mimosa 7**

*cava, cucumber water, honey syrup*

**Blueberry Lavender Mimosa 7**

*cava, blueberry, lavender*

White glass

red glass

**Cava** | Poema, Penedes, Spain NV **9.5/38**  
**Vinho Verde** | Broadbent, Portugal NV **10/40**  
**Rose** | Chateau Du Rouet, Provence, FR '15 **11/44**  
**Pinot Grigio** | Tiziano, Val d'Adige, IT '13 **11/44**  
**Sauv. Blanc** | Ranga Ranga, Marlborough, NZ '16 **12/48**  
**Torrontes** | Revolution, Argentina '15 **10/40**  
**Chardonnay** | Pacificana, California '16 **12/48**

White bottle

**Cortese** | Batasiolo, Gavi DOCG, Piedmont, IT '14 **46**  
**Sauv. Blanc** | Capture, Sonoma, CA '15 **53**  
**Sauv. Blanc** | Joel et Sylvie Cirotte, Sancerre, FR '14 **69**  
**Grenache blanc** | Cypher, Santa Barbara, CA '13 **44**  
**Riesling** | Julian Haart, Mosel, Germany '15 **58**  
**Albarino** | Lagar D Cervera, Rias Baixas, Spain '15 **49**  
**Pinot Blanc** | Kuentz-Bas, Alsace, FR '12 **51**  
**Rhone White** | Tablas Creek, Paso Robles, CA '15 **55**  
**Pinot Gris** | Willakenzie, Willamette Valley, OR '15 **52**  
**Chablis** | Thierry Laffay Premier Cru, Vaillon, FR '14 **84**  
**Muscadet Sur Lie** | Clos des Chapelles, Sevre et Maine, FR '13 **48**  
**Semillion** | Saxon Brown, Sonoma, CA '12 **52**  
**Chardonnay** | Robert Oatley, Margaret River, AUS '14 **60**  
**Chardonnay** | Trione, Russian River, CA '14 **79**

**Pinot Noir** | Lander Jenkins, Saint Helena, CA '14 **12/48**  
**Grenache Blend** | Idée Fix, Rhone Valley, FR '14 **11/44**  
**Malbec** | Montevia, Mendoza, Argentina '15 **11/44**  
**Carignane** | Graziano, Mendocino, CA '13 **10/40**  
**Red Blend** | Son of a Butcher, Napa, CA '14 **12/44**  
**Zinfandel Blend** | Monte Volpe, Mendocino, CA '13 **11/44**  
**Cabernet** | Karma, Paso Robles, CA '13 **12/48**

Red bottle

**Lambrusco** | Paltrinieri 'Radice', Modena, IT, NV **52**  
**Gamay** | Domaine Lassange, Beaujolais, FR '14 **58**  
**Pinot Noir** | Baxter, Anderson Valley, CA '13 **67**  
**Tempranillo** | | 1808, Rioja, SP '14 **61**  
**Valpolicella** | | Rubinelli Vajol, Valpolicella Superiori DOC '16 **62**  
**Grenache/Mourvedre** | Seven Oxen, Paso Robles, CA '14 **64**  
**Chianti** | Tenuta di Arceno, Chianti, IT '14 **54**  
**Cabernet Franc** | Pech Merle, Alexander Valley, CA '13 **88**  
**Syrah Blend** | Stolpman 'La Cuadrilla', Ballard Canyon, CA '15 **66**  
**Nebbiolo/Barbera** | Grappoli, Langhe DOC, IT, '10 **66**  
**Syrah** | Section, Santa Ynez, CA '14 **83**  
**Meritage** | Moana Park, Hawke's Bay, NZ '13 **72**  
**Tannat** | Y Rousseau, Sonoma, CA '14 **64**  
**Cabernet** | Toby Lane, Alexander Valley, CA '12 **82**

## Bottled & canned beer

**Cider (GF)** | 2 Towns 'Brightcider', Corvallis, OR **6.5**  
**Grapefruit Radler** | Stiegl, Austria (300ml) **6.5**  
**Berliner Weisse** | The Bruery 'Hottenroth', CA (750ml) **18**  
**Sour** | Almanac 'Cherry & Vanilla Dogpatch', CA (375ml) **19**  
**Lager** | Green Flash 'Sea to Sea', San Diego **7**  
**Mexican Lager** | Thorn Street 'Barrio' San Diego, **7**  
**Kolsch** | Hess 'Claritas', San Diego **7**  
**Pilsner** | Fall 'Plenty for All', North Park, CA **7**

**White Ale** | Allagash, Portland, ME **8.5**  
**Belgian Pale Ale** | Alesmith 'Lil Devil', San Diego **7.5**  
**Pale Ale** | 32 North 'Pennant' San Diego, CA **7.5**  
**IPA** | New English 'Pure & Simple', San Diego, CA **8**  
**IPA** | Alpine 'Windows Up', San Diego, CA **8**  
**IPA** | Latitude 33 'Blood Orange', San Diego (22oz) **17**  
**Red Ale** | Ska 'Pinstripe', Durango, CO **7.5**  
**Brown Ale** | Big Sky 'Moose Drool', Missoula Montana **6.5**  
**Nitro Milk Stout** | Left Hand Brewing, Longmont, Colorado **7**

Having a party? WNL Hosp Caters  
Please email [cater@wnlhosp.com](mailto:cater@wnlhosp.com)  
For more info

PK Del mar Has Classics Night  
Every Wednesday  
Featuring favorite Prepkitchen del mar  
Classic dishes  
August features Chicken fried trout \$27  
Col eslaw, Sauce Gribiche, Charred Lemon,  
dill & Watercress