

# 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 15.95 {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 15.00  
*siracussan 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

PREPKITCHEN CAESAR 12.95 {gf}  
*romaine, anchovy dressing, parmesan, garlic crouton*

BEET & SPINACH SALAD 13.95 {gf}  
*almond, satsuma orange, avocado, goat cheese, balsamic*

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, dijonaise*

## DESSERTS

FLOURLESS CHOCOLATE CAKE 9.00  
*white chocolate mousse, coco nib, raspberry puree*

BUTTERSCOTCH BUDINO 8.50  
*salted caramel, whipped cream, shortbread crumble*

BROWN BUTTER CARROT CAKE 9.00  
*brown sugar cream cheese frosting*

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

Executive Chef: Jordan Beall

General Manager: Gavin Cordes

Supporting Team: Robbie & Fernando

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 helps us to improve the pay 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** 5.55/25  
*red burgundy, apple, orange*

**Bloody Shame** 7  
*“vodka”, tomato juice, the works*

**Cold Brew** 7  
*stumpton, portland oregon*

White glass

**Cranberry Mimosa** 7  
*cava, cranberry, rosemary, clove*

**Cucumber Honey Mimosa** 7  
*cava, cucumber water, honey syrup*

**Blueberry Lavender Mimosa** 7  
*cava, blueberry, lavender*

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**

**Cotes du Rhone Blanc** | Guigal, Rhone, FR '15 **11/44**

**Chardonnay** | Pacificana, California '16 **12/48**

**Sauv. Blanc** | Capture, Sonoma, CA '15 **14/56**

White bottle

**Rose of Pinot Noir** | Bannister, Russian River, CA '16 **58**

**Sauv. Blanc** | Joel et Sylvie Cirotte, Sancerre, FR '14 **69**

**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**

**Viognier** | Jaffurs Santa Barbara, CA '16 **68**

**Chablis** | Thierry Laffay Premier Cru, Vaillon, FR '14 **84**

**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**

**Cotes du Rhone** | Bonpas, Rhone Valley, FR '15 **11/44**

**Malbec** | Montevia, Mendoza, Argentina '15 **11/44**

**Rosso Italiano** | Zio Porco, Veneto, IT '14 **11/44**

**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**

**Bordeaux** | Les Cadrans, St Emilion, Bordeaux, FR '13 **15/60**

Red bottle

**Lambrusco** | Paltrinieri 'Radice', Modena, IT, NV **52**

**Pinot Noir** | Baxter, Anderson Valley, CA '14 **67**

**Gamay** | Domaine Lassange, Beaujolais, FR '14 **58**

**Nebbiolo** | Carlin de Paolo, Piedmont, IT '14 **58**

**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 **68**

**Syrah Blend** | Stolpman 'La Cuadrilla', Ballard Canyon, CA '15 **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, Anderson 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 'Lavender Honey Brett Saison', 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**

**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).**