

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 13.50 {gf}

Roasted shiitaki mushrooms, farmers cheese, chives

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 buttermilk biscuits, canadian bacon, hollandaise,
arugula, paprika*

MIXED BERRY FRENCH TOAST 13.95

*raspberry, strawberry, blueberry, blackberry, mint whipped
cream, raspberry syrup, powdered sugar*

CINNAMON ROLL PANCAKES 13.95

cinnamon sugar filling, cream cheese glaze & toasted pecans

HUEVOS RANCHEROS 15.50 {gf}

black beans, pepperjack, avocado, corn tortilla, cilantro

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

BAJA FISH TACOS 14.95 {gf}

*blackened fresh catch, flour tortilla, cabbage, apple-jicama,
pico de gallo & cilantro crema*

CHEESE BURGER 15.25 {gf}

gouda, lettuce, red onion, tomatoes, dijonaise

DESSERTS

DARK CHOCOLATE POT DE CRÈME 7.00

sea salt, whipped cream, crispy chocolate pearls

RHUBARD BREAD PUDDING 10.00

strawberry, vanilla gelato, white chocolate

CHOCOLATE CHIP COOKIE SANDWICH 3.00 EACH

fresh baked cookies, vanilla gelato

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

Please alert your server of all allergies

Executive Chef: Jordan Beall

General Manager: Gavin Cordes

Supporting Team: David & Fernando

SIDE OF BACON 4.50
SIDE OF POTATOES 3.75
SIDE OF FRENCH TOAST 5.00
SIDE OF PANCAKE 5.00

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 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 VISIT
WWW.PREPKITCHENDEL.MAR/RIGHTTHINGTODO OR EMAIL INFO@PREPKITCHEN.COM**

“COCKTAILS”

House Sangria 5.55/25

red burgundy, apple, orange

Bloody Shame 7

“vodka”, tomato juice, the works

Cold Brew 7

stumptown, portland oregon

Cranberry Mimosa 7

cava, cranberry, rosemary, clove

Tangerine Mimosa 7

cava, tangerine, vanilla-terragon syrup

Pear Sage Mimosa 7

cava, pear, sage, cinnamon

WHITE 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**

RED GLASS

Sparkling Lambrusco | Paltrinieri 'Radice', Modena, IT, NV **12/48**
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**
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**

WHITE BOTTLE

Prosecco | Zonin, Veneto DOC' IT, NV **45**
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**
Semillion | Saxon Brown, Sonoma, CA '12 **52**
Chardonnay | Robert Oatley, Margaret River, AUS '14 **60**
Chardonnay | Trione, Russian River, CA '14 **79**

RED BOTTLE

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, '12 CA **82**

BOTTLED & CANNED BEER

Cider (GF) | 2 Towns 'Brightcider', Corvallis, OR **6.5**
Grapefruit Radler | Stiegl, Austria (300ml) **7**
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 | Fall 'Magical & Delicious', San Diego, CA **7.5**
Session IPA | Pizza Port 'Ponto', San Diego, CA (16oz) **8**
IPA | Alpine 'Windows Up', San Diego, CA **8**
IPA | Latitude 33 'Blood Orange', San Diego (22oz) **17**
Red Ale | AleSmith 'My Bloody Valentine', San Diego **19.5**
Scotch Ale | Great Divide "Claymore", Denver, CO **7**
Brown Ale | Figueroa Brewing 'Davy Brown' Buellton CA **7**
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. FOR CATERING PLEASE EMAIL CATERING@PREPKITCHEN.COM.