

# PREPKITCHEN DEL MAR

1201 CAMINO DEL MAR, DEL MAR

HAVE YOU TRIED OUR HAPPY HOUR?

3-6PM DAILY  
\$5.55 Tapas & Drinks

## SMALL PLATES & SHARES

DAILY SOUP 9.50

*Chef's whim*

MARINATED OLIVES 7.25 {gf}

*cumin, fennel, orange*

BURRATA 15.95 {gf}

*butternut squash mostarda, prosciutto, pepitas, watercress, sage oil, toast*

CHEFS CHEESE BOARD 14.95 {gf}

*artisan cheeses, honey, seasonal fruit, candied nuts, toast*

CHEFS CUTTING BOARD 21.95 {gf}

*house cured meats, artisan cheeses, candied nuts, toast*

BACON WRAPPED DATES 14.25 {gf}

*blue cheese, arugula*

STEAK TARTARE 14.95

*cornichon, capers, shallot, dijon, egg yolk, fine herbs*

CRUDO 16.50 {gf}

*chili-lime yogurt, baby fennel, ruby red grapefruit, granny smith apples, fennel fronds*

HARISSA OCTOPUS 16.00 {gf}

*hummus, fried chickpeas, chermoula, sour cream, pickled red onion & cilantro*

## GREENS

PREPKITCHEN CAESAR 12.50 {gf}

*romaine, anchovy dressing, parmesan, garlic crouton*

WARM WHITE BEAN & ARUGULA SALAD 12.75 {gf}

*basil pesto, red onion, parmigiano-reggiano*

BEEF & SPINACH SALAD 13.50 {gf}

*almond, satsuma orange, avocado, goat cheese, balsamic*

AUTUMN SALAD 13.00 {gf}

*brown butter chestnuts, granny smith apples, hazelnut, blue cheese, crispy prosciutto, chestnut-date vinaigrette*

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

## PASTA / VEGAN

BUTTERNUT SQUASH RAVIOLI 18.00

*brown butter, sage, hazelnuts, quince paste, parmigiano-reggiano*

FUSILLI BOLOGNESE 21.95

*beef, pancetta, tomato, porcini, rosemary, parmigiano-reggiano*

MILK BRAISED RABBIT TAGLIARINI 21.00

*sage, garlic, lemon, cracked pepper, parmigiano-reggiano*

ROASTED ACORN SQUASH 21.00

*butternut-date puree, quinoa, snap peas, black beans, harissa*

## MEAT / POULTRY

PAN ROASTED FLAT IRON STEAK 28.50 {gf}

*gremolata fries, watercress, béarnaise*

MARYS ROASTED HALF CHICKEN 25.00

*butternut squash polenta, roasted mushrooms, melted leeks, sage, madeira jus*

PORK SHANK OSSO BUCO 27.00

*horse radish mashed potatoes, arugula, pickled fennel, crispy onions*

PREPKITCHEN BURGER 20.50 {gf}

*gruyere, applewood bacon, caramelized onion, remoulade, farm egg*

## SEAFOOD

LOCAL MUSSEL & FRIES 18.95 {gf}

*garlic sofrito, bay leaf, aioli*

LOCAL SEAFOOD STEW 27.00 {gf}

*shrimp, mussels, local fresh catch, potatoes, fennel, saffron toast*

PAN SEARED SALMON 27.50 {gf}

*cauliflower puree, roasted cauliflower, cilantro, pistachio-grape relish, ras al hanout*

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 WAIVE THE CORKAGE

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

Please alert your server of all allergies

## “COCKTAILS”

☛ **House Sangria** 9/36  
*red burgundy, apple, orange*

☛ **Bloody Shame** 10.5  
*“vodka”, tomato juice, the works*

**Cold Brew** 7  
*stumptown, portland oregon*

### White glass

☛ **Cranberry Mimosa** 10.5  
*cava, cranberry, rosemary, clove*

☛ **Cucumber Honey Mimosa** 10.5  
*cava, cucumber water, honey syrup*

☛ **Blueberry Lavender Mimosa** 10.5  
*cava, blueberry, lavender*

### Red glass

☛ **Cava** | Poema, Penedes, Spain NV 9.5/38

☛ **Vinho Verde** | Broadbent, Portugal NV 10/40

**Rosé** | 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

**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 12/48

☛ **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

**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

**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

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).

**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).**