

LUNCH

ALL HAIL THE SPECIAL

½ SANDWICH & ½ SALAD OR SOUP

includes a drink (drip coffee, tea, or soda)

for items labeled &

15

FRIED CHICKEN SANDWICH

brioche bun, vinegar dusted, slaw, chipotle aioli, pickles, fries

16

COMMONER'S BURGER*

brioche bun, double patty, our bacon, american cheese, dijonnaise, horseradish pickles, onion, fries

16

SHAVED STEAK SAMMIE**

sourdough, chimichurri steak, white cheddar, roasted tomatoes, romaine, horseradish, crispy onion strings, fries

17

THE GRILLED CHEESE &

sourdough, white cheddar, brie, pesto, tea smoked tomatoes, tomato bisque

13.5

CUBANO &

ciabatta, carnitas, ham, swiss, herb mustard, pickles, chipotle aioli, fries

17

KAROL'S SEARED SALMON*

salmon, veggie & quinoa medley, herb aioli, watercress

19

ALL KALE CAESAR SALAD &

shaved parm, chili flake, charred lemon, bread crumbs, caesar dressing

+7 grilled chicken

10

SEASONAL SALAD^{GF} &

arugula, sweet potato, asparagus, cucumber, feta, chile pumpkin seeds, tahini

honey dijon vinaigrette

+7 grilled chicken

13.5

PREP'S COBB &

romaine, our bacon, corn, avocado, cucumber, tomato, shaved egg, bleu cheese

dressing

+7 grilled chicken

14.5

THE CLUB &

sourdough, shaved turkey, bacon, herb avocado, lto, pickles, herb aioli, fries

17

TURKEY RACHEL &

sourdough, swiss, apple slaw, secret sauce, fries

16

BLT &

sourdough, our bacon, tomato, lettuce, herb aioli, fries

14

THE CLASSICS

HARISSA SHAKSHUKA*

roasted red pepper sauce, sunny side up eggs, marinated olives & feta, sourdough

+5 turkey or pork sausage

15

POBLANO BENI*

herb cheddar biscuit, carnitas, roasted poblano, poached eggs, goat cheese hollandaise, cilantro, potatoes

15

SMOKED SALMON BENI*

english muffin, poached eggs, spinach, crispy capers, goat cheese hollandaise, potatoes

18

SIMPLE BREAKFAST*

two eggs any style, prep's potatoes, toast & jam

*+4 chorizo**+4.5 our bacon**+5 turkey or pork sausage*

10

MONTE CRISTO*

herb brioche french toast, honey roasted ham, swiss cheese, pineapple-jalapeño mascarpone, potatoes

+3 two eggs any style

15.5

BISCUITS & GRAVY*

herb cheddar biscuits, duck fat pork sausage gravy

*+3 two eggs any style**+4 chorizo**+7 fried chicken*

10

"STEAK" & EGG SANDWICH*

sourdough, chimichurri steak, scrambled egg, white cheddar, arugula, roasted tomatoes, herb aioli, potatoes

16.5

BACON POUTINE*

fries, duck fat pork sausage gravy, cheese curds, ever easy eggs, arugula

15

RETURN OF THE MAC

scrambled egg whites with spinach, mushrooms, poblano peppers, veggie sausage, avocado, sliced tomatoes, blueberry yogurt & granola

14

BLUEBERRY YOGURT BOWL

blueberry yogurt, strawberries, granola, blueberry reduction

12.5

PREP'S SAUSAGE BREAKFAST SAMMIE*

english muffin, scrambled egg, cheddar, pork sausage, spinach, maple aioli, potatoes

15

CHICKEN & TOAST

fried chicken & herb brioche french toast, blueberry preserves

15.5

SOUTHWEST CROISSANT SAMMIE*

chorizo, scrambled egg, muenster, arugula, poblano aioli, potatoes

16.5

TOASTS

AVO & HERB TOAST*

herb avocado, marinated feta, arugula, tomato, lemon vinaigrette, pepita dukkah

+3 two eggs any style

13

LOX TOAST

goat cheese mousse tomato, shaved egg, pickled shallot, capers, arugula & dill

18

OMELETTES

ALL HAIL THE OMELETTE^{GF}

turkey sausage, caramelized onions, muenster, mushrooms, cilantro & tomatoes, potatoes

16

PREP OMELETTE^{GF}

goat cheese, pesto, spinach, avocado, tea smoked tomatoes, potatoes

14

FRENCH TOASTS & PANCAKES

CLASSIC FRENCH TOAST

macerated berries, candied almonds, chai butter, brioche

12

THE CURE FRENCH TOAST

lemon glaze, berry preserves, brioche

12

GREEN CHILE FRENCH TOAST*

green chile bread, jalapeño relish, lime crema, sunny side up egg

12

PLAIN JANE

buttermilk pancakes, macerated berries & whipped cream

11.5

HASH & SCRAMBLE

SWEET POTATO HASH*^{GF}

corn, poblano pepper, asparagus, leeks, spinach, herbed goat cheese mousse, over easy eggs, watercress

15

SMOKED SALMON HASH*^{GF}

smoked salmon, roasted vegetables, prep's potatoes, over easy egg, creamy horseradish, everything seasoning

17.5

BLISS BOWL*^{GF}

quinoa, roasted vegetables, corn, beets, cherry tomatoes, arugula, pomegranate vinaigrette, avocado, over easy eggs

15

CHICKPEA SCRAMBLE^{GFV}

roasted vegetables, cherry tomatoes, avocado, prep's potatoes, jalapeño-tomato jam, watercress

15

CAST IRON DUCK CONFIT*^{GF}

braised duck, shallots, spinach, cabernet braised cherries, cherry goat cheese mousse, prep's potatoes, over easy eggs

17

PASTRIES BAKED FRESH DAILY
quantities limited, ask your server