

THE CLASSICS

HARISSA SHAKSHUKA*

roasted red pepper sauce,
sunny side up eggs,
marinated olives & feta,
sourdough
+5 turkey or pork sausage
15

SIMPLE BREAKFAST*

two eggs any style, prep's
potatoes, toast & jam
+4 chorizo
+4 .5 our bacon
+5 turkey or pork sausage
10

BISCUITS & GRAVY*

herbed 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, over easy eggs,
arugula
15

RETURN OF THE MAC*

scrambled egg whites
with, spinach, mushrooms,
poblano peppers, veggie
sausage, avocado,
sliced tomatoes, side of
blueberry yogurt & granola
14

POBLANO BENI*

herb cheddar biscuit,
carnitas, roasted poblano,
poached eggs, goat
cheese hollandaise,
cilantro, herb, potatoes
15

SMOKED SALMON BENI*

english muffin, poached
eggs, spinach, crispy
capers, goat cheese
hollandaise, potatoes
18

MONTE CRISTO*

herb brioche french toast,
honey roasted ham,
swiss cheese, pineapple-
jalapeño mascarpone,
potatoes
+3 two eggs any style
15.5

BLUEBERRY YOGURT BOWL^{GF}

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

SOUTHWEST CROISSANT SAMMIE*

chorizo, scrambled egg,
muenster, arugula, poblano
aioli, potatoes
16.5

CHICKEN & TOAST

fried chicken & herbed
brioche french toast,
blueberry preserves
15.5

LUNCH-ISH

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, yellow 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
crumbles, bleu cheese
dressing
+7 grilled chicken
14.5

THE CLUB

sourdough, shaved turkey,
our 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

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

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
+3 two eggs any style
17.5

CHICKPEA SCRAMBLE^{GFV}

seasonal veggies, cherry
tomatoes, avocado, prep's
potatoes, jalapeño-tomato
jam, watercress
15

BLISS BOWL*^{GF}

quinoa, roasted
vegetables, corn, beets,
cherry tomatoes, arugula,
pomegranate vinaigrette,
avocado, over easy eggs
15

CAST IRON DUCK CONFIT*^{GF}

braised duck, shallots,
spinach, cabernet braised
cherries, cherry goat
cheese mousse, prep's
potatoes, over easy eggs
17

FRENCH TOASTS & PANCAKES

CLASSIC FRENCH TOAST

macerated berries,
candied almonds, chai
butter, brioche
12

GREEN CHILI FRENCH TOAST*

green chili bread, jalapeno
relish, lime crema, sunny
side up egg
12

THE CURE FRENCH TOAST

lemon glaze, berry
preserves, brioche
12

PLAIN JANE

buttermilk pancakes,
macerated berries &
whipped cream
11.5

PASTRIES BAKED FRESH DAILY
quantities limited, ask your server