





# THE KITCHEN



## APPETIZERS

<b>Caprese Garlic Bread</b> 	\$9.00	<b>Fried Veggie Basket</b> 	\$10.00
Thick slices of garlic bread with melted mozzarella, fresh tomato, balsamic glaze.		Green beans, zucchini, cauliflower, spicy ranch.	
<b>Chips &amp; Dip</b>  	1 Dip: \$5.00 2 Dips: \$8.00	<b>Spinach &amp; Artichoke Dip</b> 	\$10.00
Classic potato chips fried in house daily! Served with choice of French onion or house ranch dip.		Warm spinach, artichoke hearts, creamy cheese, house flour tortilla chips or  corn tortilla chips.	
<b>Disco Fries</b>	\$10.00	<b>Basket of Fries</b>  	Classic: \$5.00 Sweet Potato: \$9.00
Crispy fries, chicken, light gravy, fresh mozzarella.		Crispy & ridiculously addicting! Comes with 1 dipping sauce.	

## SOUPS

<b>Soup of the Day</b>	Cup: \$5.00	<b>Soup &amp; Salad</b>	\$9.00
Daily offering, made from scratch.		Cup of soup and choice of Garden or Caesar Salad.	
<b>French Onion Soup</b>	\$6.00		
Our house recipe of this French classic.			

## FLATBREADS

*Perfect for sharing!*

<b>Four Cheese</b> 	\$9.50	<b>Bacon &amp; Mushroom</b>	\$10.00
Perfect blend of cheeses, balsamic glaze.		Bacon, mushrooms, caramelized onions, cheeses.	
<b>BBQ Chicken</b>	\$10.00	<b>Vegan</b> 	\$9.00
Grilled chicken, house BBQ sauce, red onions, cheddar blend.		Zucchini, mushrooms, caramelized onions, roasted tomato sauce, balsamic glaze.	
<b>Chicken &amp; Spinach</b>	\$10.00		
Grilled chicken, creamy spinach, Parmesan, mozzarella.			

## DRINKS

We offer a full selection of cocktails, wines, & beers.

Coke products • Unsweetened Iced Tea • Sweet Tea • Blueberry Pomegranate Tea • Lavender Lemonade



Denotes Vegetarian items.  
Many can be made Vegan.



Denotes items that are, or  
can be gluten-free.

Please ask your server for items that can be modified for food specifications such as gluten-free, Keto-diet, vegan, etc. If you have allergies, please alert us as not all ingredients are listed. We are obliged to inform you that consuming raw or undercooked meat, poultry, seafood, or eggs may increase your risk of forborne illnesses.

## BURGERS & BEYOND

Served with fries. Replace fries with sweet potato fries +\$2.50

Add side salad or cup of soup +\$4 • Add bacon, cheese, caramelized onions or mushrooms +\$1 each • Add avocado +\$2

<b>The Kitchen Burger</b> 1/2 lb burger, with lettuce, tomato, onion, pickle. • Replace burger with grilled chicken: \$10.00	\$12.50	<b>Brie &amp; Bacon Burger</b> 1/2 lb burger with crispy bacon slathered with brie cheese.	\$14.00
<b>Smokehouse BBQ Burger</b> 1/2 lb burger topped with bacon, cheddar, caramelized onion, and BBQ sauce. • Replace burger with grilled chicken: \$12.50	\$14.50	<b>Cali-Turkey Burger</b> All-natural turkey burger, avocado, Swiss, lettuce, tomato, mayo.	\$12.50
<b>'Shroom &amp; Swiss Burger</b> 1/2 lb burger, sautéed mushrooms, Swiss, Dijon aioli. • Replace burger with grilled chicken: \$12.00	\$14.00	<b>Nashville Hot Chicken Sandwich</b> Crispy fried chicken breast, Nashville hot sauce, dill pickles, mayo.	\$12.50
<b>Philly Smash Burger</b> 2 smash burgers with melted cheddar, sautéed onions and peppers with a zesty mayonnaise sauce.	\$11.50	<b>Southern Fried Chicken BLT</b> Fried chicken breast, crispy bacon with lettuce, tomato, Dijon aioli.	\$12.50
<b>Petite Burger</b> 1/3 lb. burger with lettuce and tomato served with house fried chips.	\$10.00	<b>Chicken Parmesan Sandwich</b> Crispy fried chicken breast with homemade tomato marinara, melted fresh mozzarella.	\$12.50
		<b>Kickin' Chicken</b> Juicy fried chicken breast, pepper jack cheese, spicy mayo, lettuce, tomato.	\$12.50

## ENTREES

Add Side Salad or Cup of Soup +\$4 • Carb Replacement: Steamed Cauliflower Pearls +\$3

<b>Shrimp Scampi</b> Shrimp, roasted garlic, brandy-wine sauce, angel hair pasta, asparagus.	\$18.00	<b>Chicken Piccata</b> <i>(Dinner Only)</i> Sautéed chicken, artichoke hearts, capers, white wine, lemons, penne pasta, asparagus.	\$15.00
<b>Chicken &amp; Waffles</b> Crispy fried chicken breast, Belgian waffle, served with hot (spicy) honey and fries.	\$14.50	<b>Whiskey Beef Stroganoff</b> <i>(Dinner Only)</i> Grilled filet mignon, mushrooms, whiskey cream sauce, penne pasta, asparagus.	\$24.00
<b>Chicken Parmesan Pasta</b> Crispy fried chicken breast, homemade tomato marinara, fresh mozzarella, penne pasta and garlic bread.	\$12.75	<b>Steak Diane</b> 🍷 Grilled filet mignon served with a mushroom port wine sauce, crispy fries, grilled asparagus. • Replace steak with grilled chicken: \$14.00	\$22.00

## CUSTOMIZABLE PASTAS

### Customize your Pasta!

Grilled Chicken +\$4 | Fried Chicken +\$5 • Nashville Hot Chicken +\$5.50 • Grilled Shrimp +\$6 • Grilled Beef Filet +\$10 • Bacon +\$1

Diced Fresh Tomatoes +\$.50 • Caramelized Onions +\$1 • Sautéed Mushrooms +\$1

Add Side Salad or Cup of Soup +\$4 • Carb Replacement: Steamed Cauliflower Pearls +\$3

<b>Mac &amp; Cheese</b> 🍷 Classic Comfort Food.	\$11.00	<b>Creamy Spinach Pasta</b> 🍷 Light cream sauce, spinach, roasted garlic, penne pasta, Parmesan.	\$12.00
<b>Penne Alfredo</b> 🍷 The classic but better!	\$12.00	<b>Vegan Pasta</b> 🍷 Grilled asparagus, zucchini, mushrooms, garlic, white wine, basil pesto, penne pasta.	\$12.50
<b>Seasonal Pasta</b> 🍷 <i>(Dinner Only)</i> Asparagus, zucchini, mushrooms, Parmesan, light cream sauce.	\$15.00		

# BOWLS & WRAPS

Buddha bowls that won't give you a Buddha belly! Good-for-you! Delicious! And that's a wrap!

**Bowl: \$9.50** 🌱 | **Wrap + Chips: \$10.50**

Protein Replacement: Shrimp +\$5, Filet Mignon +\$10 • Add avocado or sweet potato +\$2

## Asian

Grilled chicken, steamed rice, sauteed zucchini & mushrooms, red bell peppers and tri-color carrots with a ginger-tamari sauce.

## Italian

Tender grilled chicken, heirloom quinoa, crisp romaine, tomatoes, grilled zucchini, shredded mozzarella finished with our House Italian and a dollop of rich pesto.

## Mediterranean

Heirloom quinoa, fresh greens, tender grilled chicken, crisp cucumbers, red bell peppers, shredded red cabbage, fried chick peas with a lemon-dill sauce.

## Southwest

Better than your fast food burrito or bowl! Grilled chicken, black-bean corn salsa, tomatoes, rice, greens, cheddar, spicy ranch and sour cream.

## Thai

Eat the rainbow with this bowl! Steamed rice, stir-fried zucchini, carrots, red bell pepper and red cabbage. Topped with grilled chicken, our Thai peanut sauce and chopped peanuts.

*All Bowls are naturally Gluten-Free.  
Make it Vegetarian or Vegan, just tell your server.*

# SALADS

## Customize your salad

Bacon +\$1 • Hard-boiled Egg +\$1 • Avocado +\$2 • Chicken +\$4 • Fried Chicken +5 • Nashville Hot Chicken +\$5.50 • Shrimp +\$6 • Filet Mignon +\$10

## Caesar Salad

Small: \$5.00  
Large: \$8.00

## Garden Salad 🌱 🌱

Small: \$5.00  
Large: \$8.00

## Fried Chicken Salad

Romaine lettuce, fried chicken breast, garden veggies, cheddar, garlic & herb croutons, honey mustard vinaigrette.

\$12.50

## BBQ Ranch Chicken Salad 🌱

Salad greens, grilled chicken, corn-black bean salsa, tomatoes, cheddar, BBQ ranch dressing, crispy tortilla strips.

\$12.75

## Grilled BLT 🌱

Grilled hearts of romaine, crispy bacon, tomatoes, Danish blue cheese, creamy Caesar dressing.

\$12.75

## Kitchen Cobb 🌱

Crispy bacon, tomato, Gorgonzola blue cheese, hard-boiled egg, chicken, house ranch dressing.

\$12.50

# SANDWICHES & PANINIS

Served with house fried chips. Replace chips with fries +\$1 • Replace chips with sweet potato fries +\$2.50  
Add side salad or cup of soup +\$4

## Hot Ham & Cheese

Perfect combination of smoked ham, Swiss cheese, Dijon aioli.

\$10.00

## Turkey-Apple-Brie

Roasted turkey breast, brie cheese, crisp apple, served either grilled or chilled.

\$10.50

## Turkey Club

Roasted turkey breast, Swiss, bacon, tomato, lettuce, mayo.

\$11.50

## Chicken Pesto Wich

Grilled chicken, basil pesto, melted mozzarella, fresh tomatoes & lettuce with a drizzle of our house Italian.

\$11.00

## Italian Hoagie

Smoked ham, salami, pepperoni with melted mozzarella topped with our house Italian, lettuce, tomato and red onion.

\$11.50

## Triple Grilled Cheese 🌱

Melted to perfection, creamy Swiss, sharp cheddar and classic Brie.  
• Add bacon: +\$1.00

\$8.50

## Caprese 🌱

Fresh mozzarella, tomatoes, roasted tomato spread, basil pesto.  
• Add bacon for an amazing BLT: +\$1.00

\$10.00

## The Cuban

Citrus mojo pork, smoked ham, Swiss, dill pickle, mustard.

\$11.50

# **We love food. A lot.**

**We love cooking it and sharing it with others.**

**We love the comfort it provides and the togetherness it inspires.**



**It's our passion for food that fuels us at The Kitchen,  
and it's you, our awesome patrons,  
who keep the fire burning.**



It's true — there's no other community we'd rather share our fresh, from-scratch bistro classics with. Every warm cup of homemade soup, every fresh, artisanal flatbread, every sweet slice of strawberry cake, is made with love from us to you.

Whether you're here for a relaxing solo **lunch** between meetings, a celebratory **dinner** with the whole family, Friday evening **cocktails** with friends, enjoying our personalized **catering** or for one of our many engaging **cooking classes** — we'll always welcome you in with Wichita hospitality and treat you to clean comfort food delights that nourish your body and feed your soul.

**Thank you always for your support. Cheers!**

Handwritten signatures of Chef Natasha Gandhi-Rue and Scott Rue in black ink.

Chef Natasha Gandhi-Rue and Scott Rue