








THE KITCHEN



APPETIZERS

Caprese Garlic Bread 	\$9.50	Fried Veggie Basket 	\$10.50
Thick slices of garlic bread with melted mozzarella, fresh tomato, balsamic glaze.		Green beans, zucchini, cauliflower, spicy ranch.	
Chips & Dip  	1 Dip: \$5.00 2 Dips: \$8.00	Spinach & Artichoke Dip 	\$11.00
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.	
Disco Fries	\$11.00	Basket of Fries  	Classic: \$5.00 Sweet Potato: \$9.00
Crispy fries, chicken, light gravy, fresh mozzarella.		Crispy & ridiculously addicting! Comes with 1 dipping sauce.	

SOUPS

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

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: \$9.00	BBQ Ranch Chicken Salad 	\$12.99
		Salad greens, grilled chicken, corn-black bean salsa, tomatoes, cheddar, BBQ ranch dressing, crispy tortilla strips.	
Garden Salad  	Small: \$5.00 Large: \$9.00	Kitchen Cobb 	\$12.50
		Crispy bacon, tomato, Gorgonzola blue cheese, hard-boiled egg, chicken, house ranch dressing.	
Fried Chicken Salad	\$12.50	Summer Berry Salad	\$11.00
Romaine lettuce, fried chicken breast, garden veggies, cheddar, garlic & herb croutons, honey mustard vinaigrette.		Romaine lettuce, fresh summer berries, red onion, Gorgonzola blue cheese with a berry balsamic vinaigrette. Perfect topped with grilled chicken or steak!	
Italian Chop Salad	\$12.00	Panzanella Salad	\$11.00
Salad greens, ham, salami, pepperoni, Parmesan cheese, tomatoes, olives, pepperoncini, red onions tossed with our creamy Italian dressing.		Crusty pieces of garlic & herb bread, fresh tomatoes, red onions, cucumbers, extra virgin olive oil & balsamic.	



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.

BOWLS

Buddha bowls that won't give you a Buddha belly! Good-for-you and delicious!

Bowl: \$10.00 🌱

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.*

FLATBREADS

Perfect for sharing!

Four Cheese 🌱

Perfect blend of cheeses, balsamic glaze.

\$10.00

Bacon & Mushroom

Bacon, mushrooms, caramelized onions, cheeses.

\$11.00

BBQ Chicken

Grilled chicken, house BBQ sauce, red onions, cheddar blend.

\$11.00

Vegan 🌱

Zucchini, mushrooms, caramelized onions, roasted tomato sauce, balsamic glaze.

\$10.00

Chicken & Spinach

Grilled chicken, creamy spinach, Parmesan, mozzarella.

\$11.00

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.

\$10.50

Italian Hoagie

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

\$11.50

Turkey-Apple-Brie

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

\$11.00

Triple Grilled Cheese 🌱

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

\$8.50

Turkey Club

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

\$11.50

Caprese 🌱

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

\$10.00

Chicken Pesto Wich

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

\$11.00

The Cuban

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

\$11.50

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

The Kitchen Burger 1/2 lb burger, with lettuce, tomato, onion, pickle. • Replace burger with grilled chicken: \$10.50	\$12.50	Brie & Bacon Burger 1/2 lb burger with crispy bacon slathered with brie cheese.	\$14.50
Smokehouse BBQ Burger 1/2 lb burger topped with bacon, cheddar, caramelized onion, and BBQ sauce. • Replace burger with grilled chicken: \$12.50	\$14.50	Cali-Turkey Burger All-natural turkey burger, avocado, Swiss, lettuce, tomato, mayo.	\$12.50
'Shroom & Swiss Burger 1/2 lb burger, sautéed mushrooms, Swiss, Dijon aioli. • Replace burger with grilled chicken: \$12.00	\$14.00	Nashville Hot Chicken Sandwich Crispy fried chicken breast, Nashville hot sauce, dill pickles, mayo.	\$12.99
Philly Smash Burger 2 smash burgers with melted cheddar, sautéed onions and peppers with a zesty mayonnaise sauce.	\$11.50	Southern Fried Chicken BLT Fried chicken breast, crispy bacon with lettuce, tomato, Dijon aioli.	\$12.99
Petite Burger 1/3 lb. burger with lettuce and tomato served with house fried chips.	\$10.50	Chicken Parmesan Sandwich Crispy fried chicken breast with homemade tomato marinara, melted fresh mozzarella.	\$12.50
		Kickin' Chicken Juicy fried chicken breast, pepper jack cheese, spicy mayo, lettuce, tomato.	\$12.99

ENTREES

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

Shrimp Scampi Shrimp, roasted garlic, brandy-wine sauce, angel hair pasta, asparagus.	\$18.00	Chicken Piccata <i>(Dinner Only)</i> Sautéed chicken, artichoke hearts, capers, white wine, lemons, penne pasta, asparagus.	\$18.00
Chicken & Waffles Crispy fried chicken breast, Belgian waffle, served with hot (spicy) honey and fries.	\$15.00	Cajun Pasta Choice of Cajun spice dusted shrimp or fried chicken breast tossed with red bell peppers, caramelized onions & penne pasta in a nicely spiced cream sauce!	\$18.00
Chicken Parmesan Pasta Crispy fried chicken breast, homemade tomato marinara, fresh mozzarella, penne pasta and garlic bread.	\$15.00	Steak Diane Grilled filet mignon served with a mushroom port wine sauce, crispy fries, grilled asparagus. • Replace steak with grilled chicken: \$15.00	\$24.00
Whiskey Beef Stroganoff <i>(Dinner Only)</i> Grilled filet mignon, mushrooms, whiskey cream sauce, penne pasta, asparagus.	\$26.00		

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

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

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