



**BUSINESS BREAKFAST • OFFICE LUNCHEONS • RECEPTIONS • COFFEE BREAKS** 

# Health & Safety ARE OUR TOP PRIORITY

**ASK ABOUT OUR** 

INDIVIDUALIZED CATERING PACKAGING OPTIONS

At La Prep, we are adapting to the new standards of the world as it evolves over time. In addition to our already stringent health and safety procedures, we are excited to announce that we now have two options to choose from when it comes to serving your catering order.

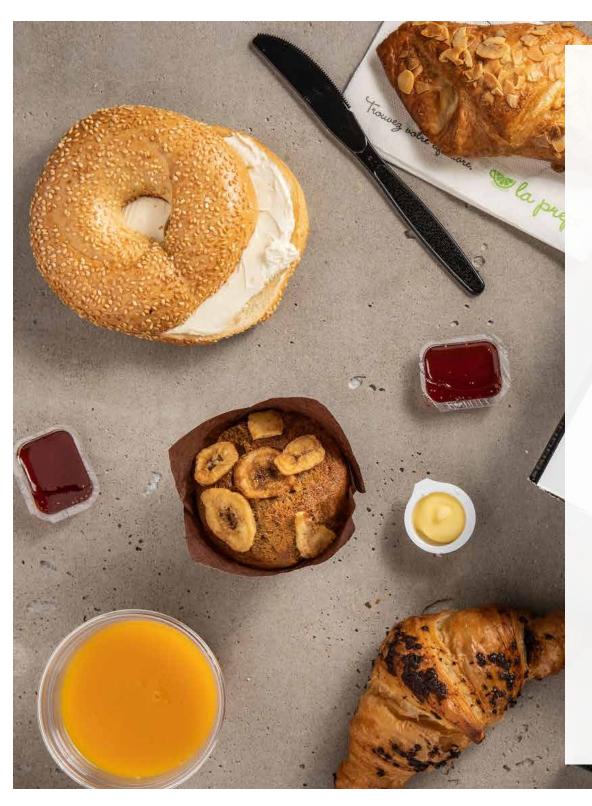
Our first option is our traditional group buffet-style catering with sharing platters of delicious meals and treats. Our new second option is individually packaged meals ready to eat without needing to self-serve. Please ensure you specify which option you would like as you place your catering order with us.

La Prep is committed to safe health practices and we are keen on adapting as necessary so we can continue to be the perfect choice for all of your catering needs.

Our catering services will nourish your body & soul. Find your balance with La Prep.

Order online: www.laprep.com





# BREAKFAST PACKAGES

Perfect morning pick-me-up to satisfy your group meetings. A curated selection of popular La Prep meals.

PRICES PER PERSON | MINIMUM 8

CONTINENTAL PACKAGE		\$11.46
ASSORTED PASTRIES + FRUIT CUP + COFFEE		430-580 Cals
Add-ons: Yogurt Parfait with Berries Substitute Fresh Orange Juice for Coffee	\$4.99 \$4.00	400 Cals 110 Cals
SANDWICH PACKAGE		\$13.50
ASSORTED SANDWICHES + FRUIT CUI + COFFEE	P	430-820 Cals
Add-ons: Assorted Pastries Vagust Parfait with Parries	\$3.99 \$4.99	270-370 Cals 400 Cals
Yogurt Parfait with Berries Substitute Fresh Orange Juice for Coffee	\$4.00	110 Cals
COFFEE BREAK PACKAGE		\$6.35
PREMIUM COFFEE BLENDS		180-360 Cals

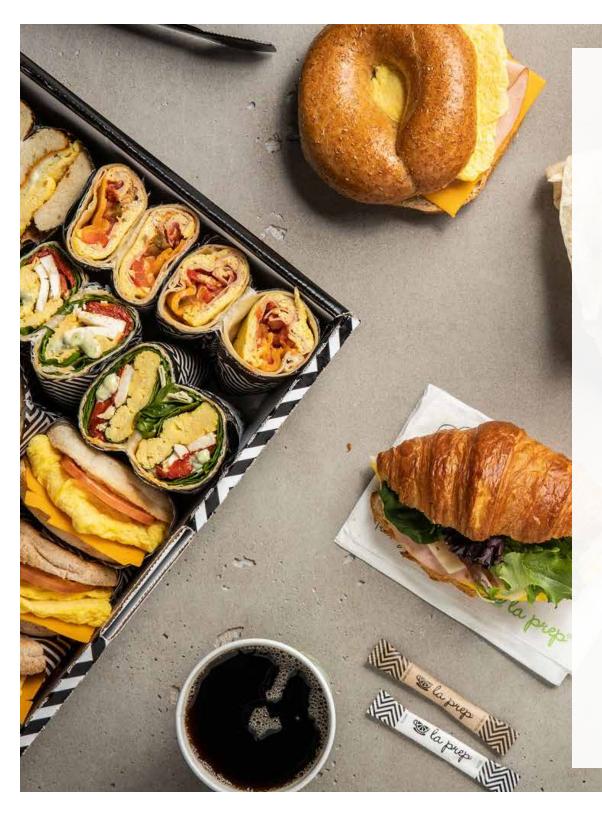
#### Add-ons:

Seasonal Fruit Cup

\$4.92

160-210 Cals

A 15% Catering Fee will be added to every order.



# BREAKFAST SANDWICHES

Start your day right. Order from our selection of gourmet sandwiches.

PRICES PER PERSON | MINIMUM 8

Find your Sandwich

### ENGLISH MUFFIN SANDWICH \$4.79 300 Cals

Egg, tomatoes, cheddar cheese and mayo.

## SPARTAN WRAP \$5.95 610 Cals

Egg, spinach, roasted red peppers, feta cheese, spinach and pesto mayo.

# **BAGEL SANDWICH** \$5.85 410 Cals

Egg, ham, cheddar cheese and pesto mayo.

### **AVOCADO TOAST** \$6.25 530 Cg/s

Guacamole, goat cheese, roasted peppers, sunflower seeds and romaine.

## CHORIZO WRAP \$5.95 610 Cals

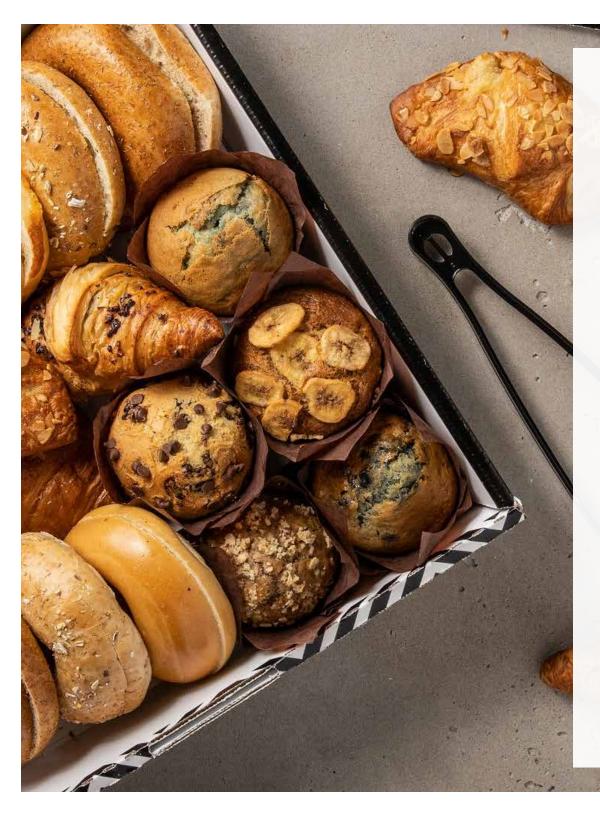
Egg, chorizo, cilantro, green onion, tomatoes, arugula, chipotle sauce, Cajun spices, cheddar cheese and tortilla.

### CROISSANT SANDWICH \$5.99 400 Cals

Egg, ham, Swiss cheese and mixed greens.

We will make every effort to have all products on hand. However, selections are subject to availability.

A 15% Catering Fee will be added to every order.



# **CONTINENTAL BREAKFAST**

PRICES PER PERSON | MINIMUM 8

# ASSORTED PASTRIES + CROISSANTS

Butter Croissant	\$3.15	280 Cals
Almond Croissant	\$3.99	370 Cals
Maple-Pecan Danish	\$3.99	320 Cals
HazeInut-Cocoa Croissant	\$3.99	350 Cals
Cinnamon & Raisin Butter Brioche	\$3.99	300 Cals
Greek Yogurt-Cherry Danish	\$3.99	350 Cals
Raspberry-Chocolate Scone	\$3.99	560 Cals
Blueberry Scone	\$3.65	360 Cals

ASSORTED MUFFINS	\$3.15

Carrot Nut	430 Cals
• Banana	460 Cals
Blueberry	430 Cals
Raisin Bran	390 Cals
Oatmeal Apple	430 Cals
Chocolate Chip	450 Cals

# ASSORTED BAGELS

With Butter	<b>\$2.65</b> 470 Cals
With Jam	<b>\$2.85</b> 450 Cals
With Cream Cheese	<b>\$4.09</b> 720 Cals

We will make every effort to have all products on hand. However, selections are subject to availability.

A 15% Catering Fee will be added to every order.



# POPULAR LUNCH BOXES

\$15.25 PER LUNCH BOX | MINIMUM 8

Create Yours

IN 3 EASY STEPS

#### STEP 1:

Select your favourite sandwich:

WRAP 290 - 650 Cals
 CLASSIC 210 - 420 Cals
 PREMIUM SANDWICH 430 - 660 Cals

# STEP 2:

Pick one side salad from one of our daily fresh selections or a small soup. Add a second side salad for \$3.99 extra.

SIDE SALAD

30 - 610 Cals

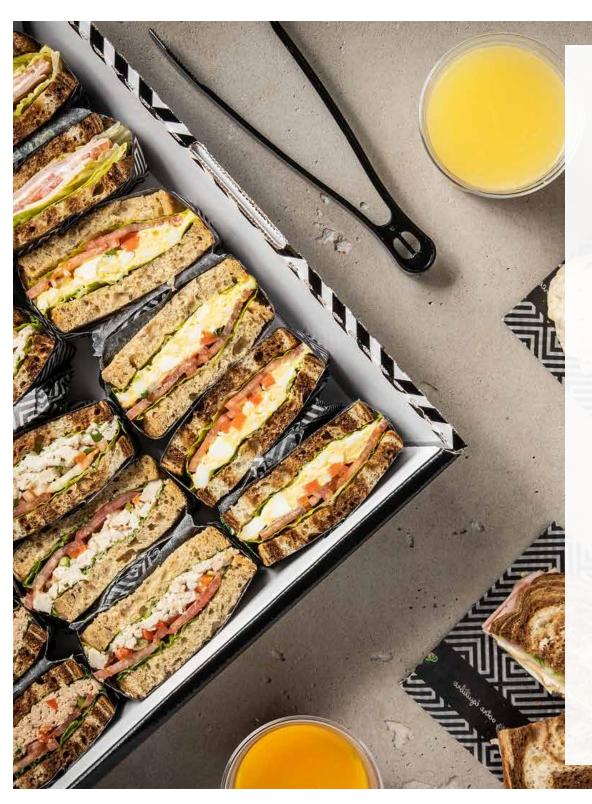
# STEP 3:

Choose your dessert from one of the following:

WHOLE FRUIT 70 - 90 Cals
 FRESHLY-BAKED COOKIE 180 - 200 Cals
 DESSERT SQUARE (+\$2.25) 220 - 420 Cals

# ADD: BOTTLED WATER \$2.99 | POP CAN \$1.99

A 15% Catering Fee will be added to every order.



# **LUNCH SANDWICH PACKAGES**

Create a perfectly-balanced meal with a combination of main, side, dessert and/or a drink.

PRICES PER PERSON | MINIMUM 8

Find your Package

# **ASSORTED SANDWICH MEALS**

\$20.99 | 655-1010 Cals

- Assorted Classic Sandwiches and Wraps
- Choice of 2 Salads
- Choice of Cookies or Fresh Fruit Cup

#### Add-ons:

Bottled Water	\$2.99	0 Cals
Pop Can	\$1.99	170 Cals
Substitute Assorted Cake Slices for Dessert	\$4.85	200-300 Cals

# PREMIUM SANDWICH MEALS

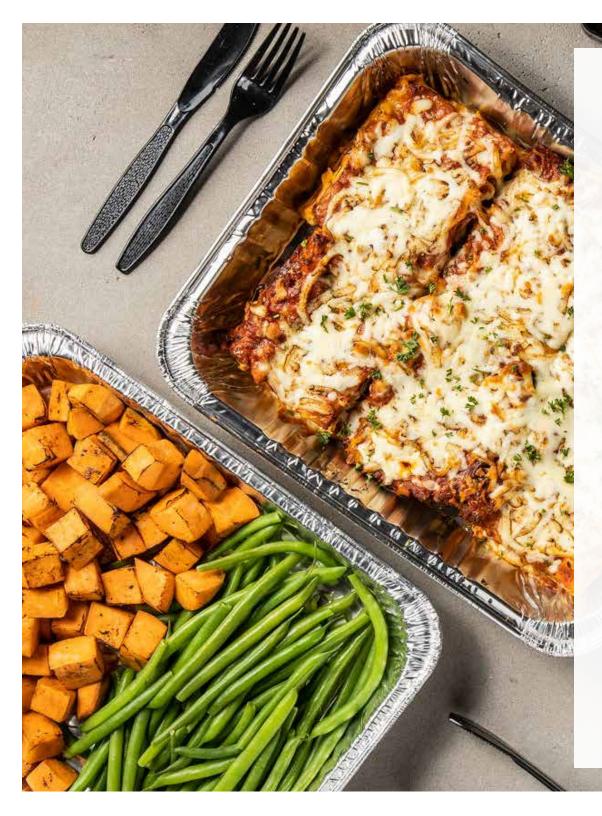
\$22.99 | 655-1010 Cals

- Assorted Premium Sandwiches
- Choice of 2 Salads
- . Choice of Cookies or Fresh Fruit Cup

#### Add-ons:

Bottled Water	\$2.99	0 Cals
Pop Can	\$1.99	170 Cals
Substitute Assorted Cake Slices for Dessert	\$4.85	200-300 Cals

A 15% Catering Fee will be added to every order.



# LUNCH PACKAGES

PRICES PER PERSON | MINIMUM 8

# HOT BOWL PACKAGE

\$19.99 | 1140-1360 Cals

- Choose any 1 of our Hot Bowls

- Assorted Cookies (2 per person)

Add-ons:

Bottled Water Pop Can \$2.99 0 Cals \$1.99 170 Cals

# FLATBREAD PACKAGE

\$18.99 | 510-890 Cals

- Choose any 1 of our Flatbreads

- Your choice of 1 Side Salad

Add-ons:

Bottled Water Pop Can

\$2.99 \$1.99 0 Cals 170 Cals

# **COFFEE BREAK PACKAGE**

\$6.35 | 360-400 Cals

- Includes our 100% Rainforest Alliance Coffee

- Assorted Cookies (2 per person)

A 15% Catering Fee will be added to every order.



# LUNCH SANDWICHES

A selection of our artisanal sandwiches.

PRICES PER PERSON | MINIMUM 8

# PREMIUM SANDWICHES

\$9.97

# Firecracker Grilled Cheese 660 Cals

Onion Rye bread, cream cheese, jalapeños, artichokes, spinach, roasted corn, green peppers and cheddar cheese.

#### Cuban Sandwich 430 Cals

Ham, capicollo, Swiss cheese, pickles, spinach and Dijonnaise on a ciabatta bun.

# Chicken & Brie Sandwich 650 Cals

Chicken, brie, caramelized onion, apple, Orange Marmalade and arugula on a focaccia bun.

#### Reuben Sandwich 500 Cals

Pastrami, Swiss cheese, sauerkraut, arugula and Thousand Island sauce on a focaccia bun.

#### Beyond Meat Burger 650 Cals

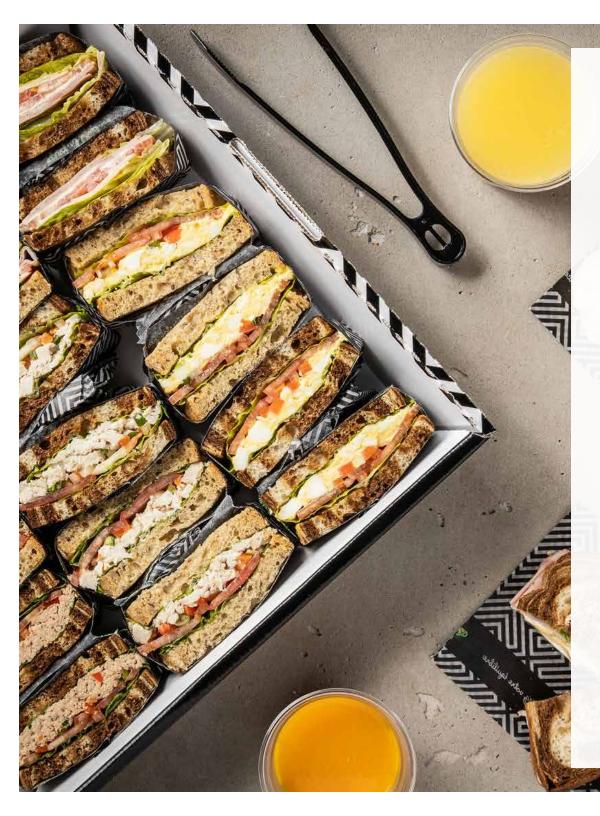
Beyond Meat patty, pickles, red onion and arugula topped with Thousand Island mayo on a Everything bun.

#### Mushroom Banh Mi 630 Cals

Roasted portobello, zucchini, pickled vegetables and Thai peanut sauce on a ciabatta bun.

#### Gluten-Free Panini Bread available for an additional \$1.00

A 15% Catering Fee will be added to every order.



# WRAPS

#### Tandoori Chicken 290 Cals \$9.89

Tandoori chicken, romaine, tomatoes, red onion, marble cheese and cucumber.

#### Roasted Vegetable 550 Cals \$8.97

Zucchini, red peppers, tomatoes, bocconcini, spinach, pesto, 8-pepper honey mayo and balsamic glaze.

#### Chicken Avocado 650 Cals \$9.89

Chicken, avocado, red peppers, edamame, spinach, red onion and sesame mayo.

## **CLASSIC SANDWICHES**

#### Tuna Salad 270 Cals | \$6.99

Tuna, red peppers, green onion, mayo, lettuce and tomatoes.

# Chicken Salad 320 Cals | \$7.99

Diced chicken, red onion, celery, mayo, lettuce and tomatoes.

#### Egg Salad 210 Cals | \$6.99

Egg, red peppers, green onion, mayo, lettuce and tomatoes.

#### Ham & Swiss 420 Cals | \$7.99

Ham, Swiss cheese, tomatoes, lettuce and Dijonnaise.

We will make every effort to have all products on hand. However, selections are subject to availability.

A 15% Catering Fee will be added to every order.

# SALADS

Freshly-prepared gourmet side salads to accompany your artisanal sandwiches.

#### \$4.75 PER PERSON | MINIMUM 8

#### Chef Salad 30 Cals

Spring mix, seasonal vegetables and fresh parsley.

#### Kale Chipotle Slaw Salad 120 Cals

Kale, green cabbage, red cabbage and carrots with Chipotle-mayo dressing.

#### Sumac Salad 490 Cals

Israeli couscous, chickpeas, white beans, onion, feta cheese, fresh pomegranate seeds, fresh dill, lemon zest, honey, sumac, mayo and Green Goddess dressing.

#### Purple Grain Salad 230 Cals

Beets, broccoli florets, quinoa, apple, red onion, lemon juice, Dijon mustard and Green Goddess dressing.

#### Southwest Potato Salad 290 Cals

Red potatoes, mixed beans, red onion, pumpkin seeds, green onion and cilantro with Chipotle Ranch dressing.

#### Springtime Salad 130 Cals

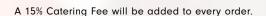
Fresh broccoli, cauliflower, zucchini, carrots, toasted sesame seeds and Bistro dressing.

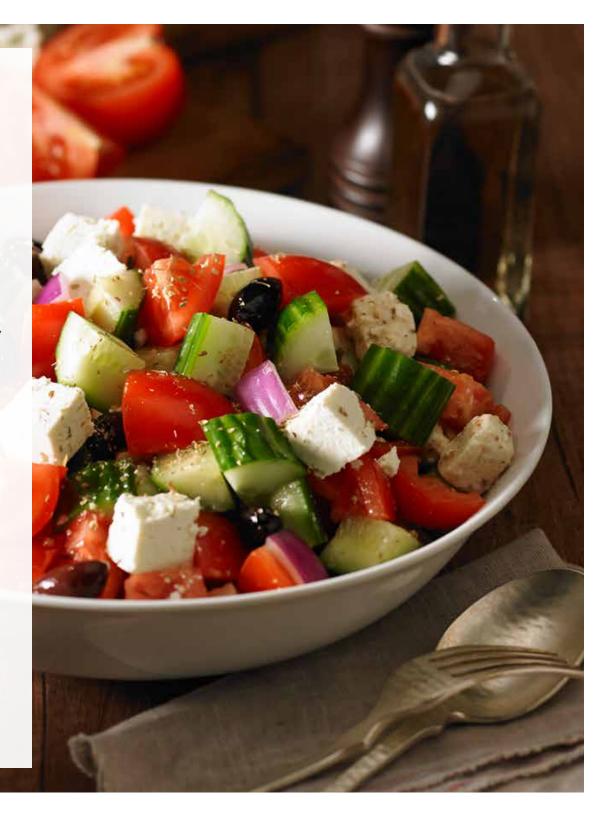
#### Tahini Salad 210 Cals

Lentils, chickpeas, sweet potatoes, cherry tomatoes, baby spinach, cucumber, red onion, sumac and Tahini dressing.

#### Greek Salad 100 Cals

Tomatoes, cucumber, red onion, feta cheese and Kalamata olives with Green Goddess dressing.





## A 15% Catering Fee will be added to every order.

Adults and youths (ages 13 and older) need an average of 2000 calories a day, and children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.

# **MEAL SALADS**

PRICES PER PERSON | MINIMUM 8

A selection of our unique salad bowls that can be enjoyed as a complete meal.

### **SIGNATURE SALADS \$11.25**

#### Protein Power Bowl 410 Cals

Kale, spring mix, quinoa, edamame, chickpeas, sweet potato, hemp hearts and zucchini with Tahini dressing.

#### Quinoa Bowl 510 Cals

Kale, spring mix, feta, sweet potatoes, wasabi peas, quinoa and beets with Green Goddess dressing.

#### Sweet & Beet Bowl 480 Cals

Romaine, mixed greens, beets, sweet potatoes, goat cheese, sunflower seeds and sundried tomatoes with Balsamic dressing.

#### Bistro Bowl 470 Cals

Mixed green, arugula, carrot noodles, roasted mushrooms, Kalamata olives, red cabbage, hemp hearts and goat cheese with Balsamic dressing.

### **BUILD YOUR OWN SALAD \$11.25**

#### 1. PICK YOUR BASE:

- Kale/Mixed Greens 20 Cals
- Romaine/Mixed Greens 20 Cals
- Spinach/Mixed Greens 10 Cals
- Arugula/Mixed Greens 10 Cals

#### 2. PICK YOUR 5 TOPPINGS:

 Beets 10 Cals • Sweet Potatoes 40 Cals • Olives 20 Cals • Carrot Noodles 10 Cals • Tomatoes 20 Cals • Flax Seeds 50 Cals • Zucchini Noodles 10 Cals • Broccoli 10 Cals • Sunflower Seeds 60 Cals 70 Cals • Red Cabbage 10 Cals • Hemp Hearts 60 Cals Quinoa • Edamame 30 Cals • Cucumber 10 Cals • Wasabi Peas 90 Cals 10 Cals • Sesame Seeds 60 Cals Chickpeas 80 Cals • Red Onion • Mixed Peppers 10 Cals • Corn 20 Cals

#### 3. PICK YOUR PREMIUM TOPPINGS: (\$1.29 Each)

- Cheddar
   Goat Cheese
   40 Cals
   Parmesan
   Avocado
   160 Cals
   Roasted
   Mushrooms
   Goats
- Feta 70 Cals Bacon Bits 90 Cals

## 4. ADD YOUR PROTEIN: (Extra Charge)

Grilled Chicken \$6.45 80 Cals
 Boiled Egg \$1.25 70 Cals
 Salmon \$6.99 180 Cals

#### 5. TOP IT OFF WITH OUR SIGNATURE DRESSINGS\*:

<ul> <li>Lemon Za'atar Dressing</li> </ul>	170 Cals
Balsamic Dressing	240 Cals
Tahini Dressing	150 Cals

\* All of our dressings are vegan.

# HOT BOWLS

#### PRICES PER SINGLE ITEM | MINIMUM 8

## **ASIAN BBQ SALMON**

\$17.95 780 Cals

Garlic rice, kale, edamame, tomatoes, roasted red peppers, roasted onion, chopped romaine, red cabbage and Asian BBQ sauce.

## MANGO COCONUT CHICKEN

\$17.95 920 Cals

Garlic rice, chicken, charred broccoli, roasted red peppers, bok choy, pineapple salsa, Thai basil, mango coconut sauce, peanuts and roasted eggplant.

## MEDITERRANEAN CHICKEN

\$17.95 950 Cals

Chicken, couscous, chickpeas, iceberg, tomatoes, cucumber, roasted red and green peppers, olives, caramelized onion, beets, chilli oil, roasted zucchini, aioli and feta.

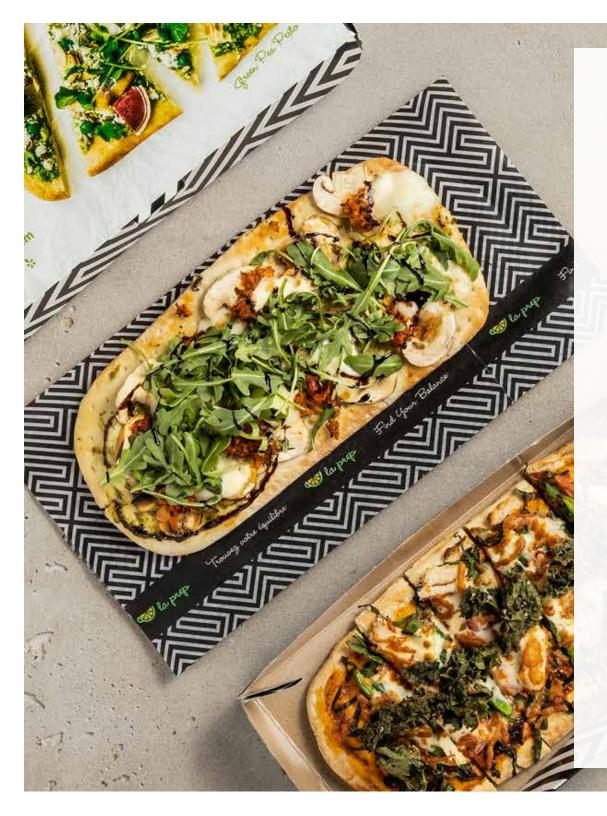
## **BUTTER CHICKEN BOWL**

\$17.95 960 Cals

Butter chicken served with basmati rice, kachumber and mint yogurt.

A 15% Catering Fee will be added to every order.





# **FLATBREADS**

Our gourmet handcrafted flatbreads are topped with quality ingredients and baked to perfection. With three different varieties, there are options for everyone. Add protein for those that crave more.

PRICES PER SINGLE ITEM | MINIMUM 8

#### BUTTER CHICKEN

\$14.45 760 Cals

Makhani sauce, tandoori chicken, red peppers, caramelized onions and mozzarella cheese.

#### CHIPOTLE CHICKEN KALE

\$14.45 510 Cals

Grilled chicken, green peppers, tomatoes, mozzarella, chipotle sauce and qarlic kale.

## MUSHROOM SPEZIATA

\$14.45 710 Cals

Mushrooms, bocconcini, La Bomba, garlic pesto, arugula and balsamic glaze.

#### PROTEIN ADD-ONS

## CHICKEN STRIPS

\$3.45 80 Cals

A 15% Catering Fee will be added to every order.



# HEALTHY BITES

Enhance your gatherings with our platters.

PRICE PER PERSON | MINIMUM 8

**Cheese & Grape Platter** \$7.49 300 - 400 Cals / 100 g Assorted cheeses, grapes, strawberries and crackers.

Fresh Vegetable Platter \$6.99 70 Cals / 100 g Assorted fresh vegetables.

**Yogurt Parfait** \$4.92 70-90 Cals Vanilla yogurt, mixed berries and granola.

**Whole Fruits** \$1.75 70-90 Cals Banana, apple, orange (Selections subject to availability.)

Fresh Fruit Platter \$4.65 90 Cals / 100 g Assorted seasonal fruits.

Vegetable & fruit selections may vary as they are subject to market availability

A 15% Catering Fee will be added to every order.

# **DESSERTS**

Satisfy everyone's sweet tooth with these delicious dessert options.

SINGLE SERVINGS | MINIMUM 8

## DESSERT LOAVES

\$3.99 230 - 340 Cals

Banana, carrot-pineapple, lemon-poppy seed, marble

# COOKIES (small)

\$1.75 180 - 200 Cals

Chocolate chip, double chocolate, white chocolate

# COOKIES (large) \$3.99

Chocolate Chip 360 Cals Salted Caramel 350 Cals

#### SQUARES

\$3.99 220 - 420 Cals

Brownies, date squares, Nanaimo bars, macaroon madness

## WHOLE CAKES

Available upon special request.

# SIGNATURE DESSERT PACKAGES

PRICES PER PERSON | MINIMUM 8

# GOURMET SIGNATURE DESSERT PACKAGE

\$5.75 270-400 Cals

An assortment of gourmet cakes and tarts.

SCONE, SQUARE & LOAVE PACKAGE \$3.85 230-360 Cals

An assortment of loaves, squares and scones.

A 15% Catering Fee will be added to every order.



# **BEVERAGES**

## **COLD BEVERAGES**

	Price	Cals		Price	Cal
LA PREP SPRING WATER	\$2.99	0	<b>CHOCOLATE MILK</b> 473ML	\$3.35	440
PERRIER	\$3.79	0	FRESHLY-SQUEEZED JUICE	\$6.99	110-190
VITAMIN WATER	\$3.99	0-130	SIMPLY JUICE	\$3.99	210-220
MILK 473ML	\$3.35	260			

#### SOFT DRINKS

	Price	Cals		Price	Cals
COKE (CAN)	\$1.99	140	COKE (BOTTLE)	\$3.49	240
DIET COKE (CAN)	\$1.99	0	DIET COKE (BOTTLE)	\$3.49	0
GINGER ALE (CAN)	\$1.99	140	ICED TEA (BOTTLE)	\$3.49	160
SPRITE (CAN)	\$1.99	140			

#### **HOT BEVERAGES**

	Price	Cals		Price Cals	 S
COFFEE THERMOS 64OZ (SERVES APPROX. 6 PEOPLE) Island Reserve (medium roast). Privateer (dark roast)	\$18 ,	0	PREMIUM TEA Bold Breakfast, Earl Gray, Chai,	\$2.54 0	l
COFFEE THERMOS 96OZ (SERVES APPROX. 9 PEOPLE) Island Reserve (medium roast). Privateer (dark roast)	\$23.50 ,	0 0	Jasmine Mist, Tropical Green, Mint Verbena, Rouge Provence, Citron Calm		

# PREMIUM FRESHLY-BREWED COFFEE

Our coffee follows the same requirements and standards that we impose on our fresh food promise. Our beans are sourced by a proudly Canadian-owned company that partners with farms from across the world who share a commitment to creating premium, ethically-produced coffee. Emphasis is also given to incorporating social and environmental benefits including planting trees through Trees for the Future and decreasing energy usage. In addition, all of our coffee cups are compostable in municipal and commercial composting facilities.

Privateer COLOMBIAN LAS HERMOSAS (Dark Roast) (Medium Roast)



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Find Your Balance

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