

CATERING MENU

Order through:

catering@laprep.com



Find Your Balance®

BUSINESS BREAKFAST • OFFICE LUNCHEONS • RECEPTIONS • COFFEE BREAKS



Health & Safety

ARE OUR TOP PRIORITY

ASK ABOUT OUR INDIVIDUALIZED CATERING PACKAGING OPTIONS

Order through: catering@laprep.com

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.



Find Your Balance™



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	\$4.99	400 Cals
Substitute Fresh Orange Juice for Coffee	\$4.00	110 Cals

SANDWICH PACKAGE

\$13.50

ASSORTED SANDWICHES + FRUIT CUP + COFFEE

430-820 Cals

Add-ons:

Assorted Pastries	\$3.99	270-370 Cals
Yogurt Parfait with Berries	\$4.99	400 Cals
Substitute Fresh Orange Juice for Coffee	\$4.00	110 Cals

COFFEE BREAK PACKAGE

\$6.35

PREMIUM COFFEE BLENDS + 1 PASTRY OR 2 COOKIES

180-360 Cals

Add-ons:

Seasonal Fruit Cup	\$4.92	160-210 Cals
--------------------	--------	--------------

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.



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

AVOCADO BLT

\$6.25 530 Cals

Fresh avocado, bacon, tomatoes, seasonal greens and mayo

SPARTAN WRAP

\$5.95 610 Cals

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

CHORIZO WRAP

\$5.95 610 Cals

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

BAGEL SANDWICH

\$5.85 410 Cals

Egg, ham, cheddar cheese and pesto mayo

CROISSANT SANDWICH

\$5.99 400 Cals

Egg, ham, Swiss cheese and mixed greens

PANINI SANDWICH

\$6.95 550 Cals

Egg, bacon, cheddar cheese and mayo

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.

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.



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
• Raisin 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	\$2.65	470 Cals
• With Jam	\$2.85	450 Cals
• With Cream Cheese	\$4.09	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.

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.



POPULAR LUNCH BOXES

\$15.25 PER LUNCH BOX | MINIMUM 8

Create Yours
IN 3 EASY STEPS

STEP 1:

Select your favourite sandwich:

• WRAP	450 - 530 Cals
• CLASSIC	320 - 420 Cals
• GRILLED PITA	400 - 540 Cals
• PANINI	380 - 540 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 (+\$2.19)	220 - 420 Cals

ADD ON WATER BOTTLE \$2.99

ADD ON POP CAN \$1.99

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.



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

\$22.75 | 655-1010 Cals

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

Add-ons:

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

PANINI SANDWICH MEALS

\$22.99 | 655-1010 Cals

- Assorted Paninis
- Choice of 2 Salads
- Choice of Cookies or Fresh Fruit Cup

Add-ons:

Water Bottle	\$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.

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.



LUNCH SANDWICHES

A selection of our artisanal sandwiches.

PRICES PER PERSON | MINIMUM 8

PANINIS

\$9.97

Chicken Bacon 480 Cals

Chicken, bacon, mozzarella, Creole mustard and baby spinach.

Salami & Bocconcini 540 Cals

Salami, tomatoes, bocconcini, sundried tomato mayo and baby spinach.

Ham & Brie 500 Cals

Ham, tomatoes, brie cheese and pesto.

Greek 470 Cals

Grilled zucchini, tomatoes, feta cheese, sundried tomato mayo and spinach.

Chicken Cajun 380 Cals

Chicken, mozzarella and Cajun sauce.

Chicken Sriracha 410 Cals

Chicken, roasted peppers, Swiss cheese, sriracha mayo and baby spinach.

Chicken Pesto 510 Cals

Chicken, grilled zucchini, mozzarella, pesto mixture and arugula.

Turkey & Roasted Peppers 410 Cals

Turkey, roasted peppers, mozzarella, Creole mustard and arugula.

GRILLED CHEESE

\$9.97

Bacon Cheddar

Grilled Cheese 350 Cals

Bacon, leak and cheddar cheese.

Firecracker Grilled Cheese 660 Cals

Firecracker mix (cream cheese, corn, green peppers, artichokes, jalapeño, green onions and spinach) and cheddar cheese.

Gourmet Grilled Cheese 590 Cals

Gruyère cheese, Swiss cheese, Granny Smith apple and sage.

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

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.



WRAPS

\$9.89

Chicken Avocado 450 Cals

Chicken, avocado, tomatoes, romaine lettuce and mayo.

Turkey Avocado 490 Cals

Turkey, avocado, cucumber, tomatoes, Swiss cheese, baby spinach and mayo.

Mediterranean 490 Cals

Artichoke hearts, roasted red peppers, feta cheese, sundried tomato pesto, mayo and baby spinach.

Chicken Caesar 530 Cals

Chicken, parmesan cheese, bacon, romaine lettuce and Caesar dressing.

CLASSICS

\$9.89

Tuna Salad 360 Cals

Tuna salad, green onion, red peppers, tomatoes and romaine lettuce.

Roast Beef & Swiss 420 Cals

Roast beef, Swiss cheese, tomatoes, romaine lettuce and Creole mustard.

Ham & Swiss 320 Cals

Ham, Swiss cheese, tomatoes, romaine lettuce, mayo and Dijon mustard.

Egg Salad 390 Cals

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

GRILLED PITAS

\$9.89

Chicken Chipotle 420 Cals

Chicken, red and green peppers, mango, onion and chipotle sauce.

Vegetarian 420 Cals

Grilled eggplant, grilled zucchini, roasted peppers, Swiss cheese and sundried tomato mayo.

Smoked Salmon 440 Cals

Smoked salmon, capers, olives, onion, cream cheese and sundried tomato mayo.

Roast Beef 540 Cals

Roast beef, caramelized onion, sautéed mushrooms, Swiss cheese and aioli.

Chicken & Brie 400 Cals

Chicken, tomatoes, brie cheese, baby spinach and pesto aioli.

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.

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.

HOT MEALS

A variety of delicious entrée options served with a side of salad.

PRICES PER SINGLE ITEM | MINIMUM 8

CHICKEN POT PIE

\$13.10 720 Cals

Chicken and vegetables in pastry.

QUICHE

\$13.10 250-290 Cals

Choice of:

- Quiche Lorraine
- Broccoli & Cheese Quiche
- Vegetable Quiche

MEAT LASAGNA

\$16.74 410 Cals

Meat lasagna in tomato sauce served with garlic bread.

VEGGIE LASAGNA

\$16.74 330 Cals

Vegetarian lasagna in cream sauce.

SOUTHWESTERN CHICKEN

\$18.60 540 Cals

Chicken, red and green peppers, onion, corn and chipotle sauce on a bed of rice.

BUTTER CHICKEN

\$20.74 960 Cals

Tandoori chicken, Makhani sauce, kachumber, mint yogurt & cilantro.

SWEET CHILI CHICKEN

\$18.60 780 Cals

Chicken with broccoli, mushrooms, green onion, water chestnuts, beans and toasted sesame seeds in a sweet chili sauce served on rice vermicelli.

THAI SESAME CHICKEN

\$18.60 400 Cals

Chicken with napa-choy, bean sprouts, snow peas, red peppers, water chestnuts and toasted sesame seeds with a Thai sesame dressing served on wild rice.

SOUP OF THE DAY

Regular: \$5.50 70 - 180 Cals

Large: \$7.25 110 - 290 Cals

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.



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.

Spinach & Strawberry Salad 110 Cals

Baby spinach, fresh strawberries, red onion and pecan with Raspberry vinaigrette.

Mango Tomato Salad 180 Cals

Tomatoes, mangoes, red onion, fresh mint, honey and Bistro dressing.

Caesar Salad 210 Cals

Romaine lettuce, parmesan cheese, bacon, croutons and Caesar dressing.

Sundried Tomato Pasta Salad 380 Cals

Pasta, zesty sundried tomatoes, black olives, parmesan cheese and pesto.

Parisian Apple Salad 300 Cals

Red and green apples, celery, raisins, toasted almonds and mayo.

Pesto Pasta Salad 340 Cals

Pasta, parmesan cheese, toasted pine nuts, fresh basil and pesto.

Greek Salad 100 Cals

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

Red Potato Salad 310 Cals

Red potatoes, red onion, fresh parsley, old-fashioned mustard and mayo.

Tomato & Artichoke Salad 100 Cals

Tomatoes, artichokes, green peppers, olives, fresh dill, oil and vinegar.

Italian Fantasy Salad 530 Cals

Pasta with broccoli florets, red peppers, black olives, red onion, fresh parsley, Green Goddess dressing and mayo.

Springtime Salad 130 Cals

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

Lemony Chickpea Salad 230 Cals

Chickpeas, lemon zest, lemon juice, parsley, olive oil and vinegar.

Beet Salad 140 Cals

Beets, snow peas, onion, olive oil and vinegar.

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

MINIMUM 8

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

Protein Power Bowl \$12.95 410 Cals
Kale, spring mix, grilled chicken, quinoa, edamame, chickpeas, sweet potato, hemp hearts and zucchini with Tahini dressing.

Caesar Bowl \$12.95 520 Cals
Romaine lettuce, grilled chicken, bacon and croutons complemented with a creamy Caesar dressing.

Quinoa Bowl \$11.25 510 Cals
Kale, spring mix, feta cheese, sweet potato, wasabi peas, quinoa and beets with Green Goddess dressing.

Chicken Quinoa Bowl \$12.95 510 Cals
Mixed greens, quinoa, sliced chicken breast, edamame, black beans, sweet corn, dried cranberries, goat cheese and tarragon with Balsamic vinaigrette.

Fruit Melody Bowl \$12.95 230 Cals
Mixed greens, grilled chicken, strawberries, pineapple, blueberries, clementine and pecans served with Raspberry vinaigrette.

Bistro Bowl \$11.25 470 Cals
Mixed greens, arugula, carrot noodles, roasted mushrooms, Kalamata olives, red cabbage, hemp hearts and goat cheese with Balsamic dressing.

Add Grilled Chicken \$3.45 80 Cals

HEALTHY BITES

PRICE PER PERSON | MINIMUM 8

Enhance your gatherings with our platters.

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

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

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

Fresh Fruit Platter
\$4.92 90 Cals / 100 g
Assorted seasonal fruits.

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

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

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.

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

SQUARES

\$3.99 220 - 420 Cals

Brownies, date squares, Nanaimo bars, macaroon madness

WHOLE CAKES

Available upon special request.

SIGNATURE DESSERT PACKAGES

PRICE 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.

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.



BEVERAGES

COLD BEVERAGES

	Price	Cals		Price	Cals
WATER	\$2.99	0	CHOCOLATE MILK 473ML	\$3.35	440
PERRIER	\$3.79	0	FRESHLY-SQUEEZED JUICE	\$6.99	110-190
VITAMIN WATER	\$3.99	0-130	SIMPLY JUICE	\$3.74	160-170
MILK 473ML	\$3.35	260			

SOFT DRINKS

	Price	Cals		Price	Cals
COCA COLA (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
COFFEE THERMOS 64OZ (SERVES APPROX. 6 PEOPLE) Sierra Verde (medium roast) or Colombian (dark roast)	\$18	0	PREMIUM TEA Green Tea Tropical, Organic Earl Grey, Chamomile-Citrus, Organic Green Tea, Organic Mint, Organic Breakfast, Bombay Chai	\$2.65	0
COFFEE THERMOS 96OZ (SERVES APPROX. 9 PEOPLE) Sierra Verde (medium roast) or Colombian (dark roast)	\$23.50	0			

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 **Las Hermosas**
(Dark Roast) **(Medium Roast)**



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.



Find Your Balance

Order through: **catering@laprep.com**

