# **CATERING MENU**

Order through: catering@laprep.com



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

# 

Health & Sabety 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.

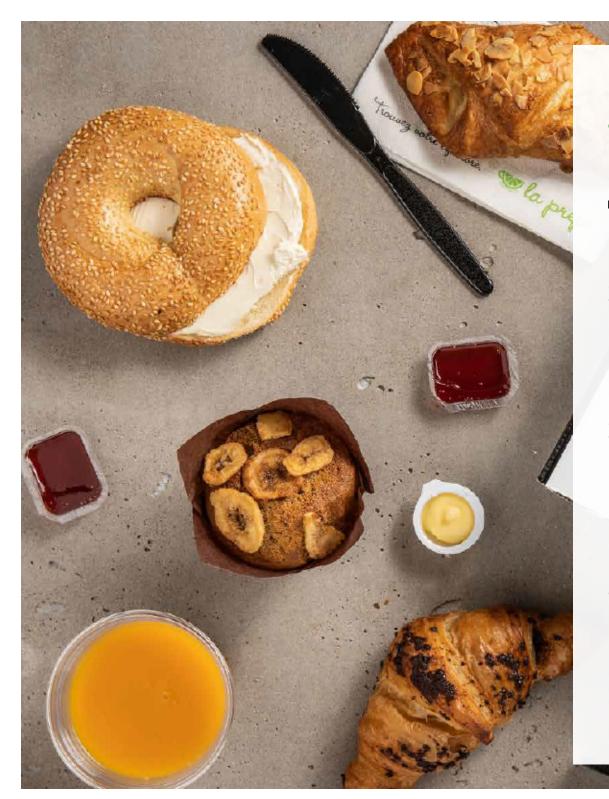
La Prep is committed to safe health practices and we are keen on adapting as necessary so we can continue to be the perfect choice for all of your catering needs.

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

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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	1	\$13.65
ASSORTED PASTRIES + FRUIT CUP + COFFEE		430-580 Cals
Add-ons:		
Yogurt Parfait with Berries	\$6.05	400 Cals
Substitute Fresh Orange Juice for Coffee	\$2.65	110 Cals
SANDWICH PACKAGE		\$15.65
ASSORTED SANDWICHES + FRUIT CUP + COFFEE		430-820 Cals
Add-ons:	¢ ( 00	
Assorted Pastries	\$4.90 \$6.05	
Yogurt Parfait with Berries		
Substitute Fresh Orange Juice for Coffee	\$2.65	110 Cals
COFFEE BREAK PACKAGE		\$7.65
PREMIUM COFFEE BLENDS + 1 PASTRY OR 2 COOKIES		180-360 Cals
Add-ons:	¢E 75	1/0.210 Cal
Seasonal Fruit Cup	\$5.75	160-210 Cals



# **BREAKFAST SANDWICHES**

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

PRICES PER PERSON | MINIMUM 8

Find your Sandwich

ENGLISH MUFFIN SANDWICH \$5.50 300 Cals Egg, tomatoes, cheddar cheese and mayo AVOCADO BLT \$7.20 530 Cals

Fresh avocado, bacon, tomatoes, seasonal greens and mayo

#### CROISSANT SANDWICH \$7.20 400 Cals

Egg, ham, Swiss cheese and mixed greens

#### **BAGEL SANDWICH** \$6.85 410 Cals

Egg, spinach, roasted red

peppers, feta cheese, spinach

SPARTAN WRAP

\$7.20 610 Cals

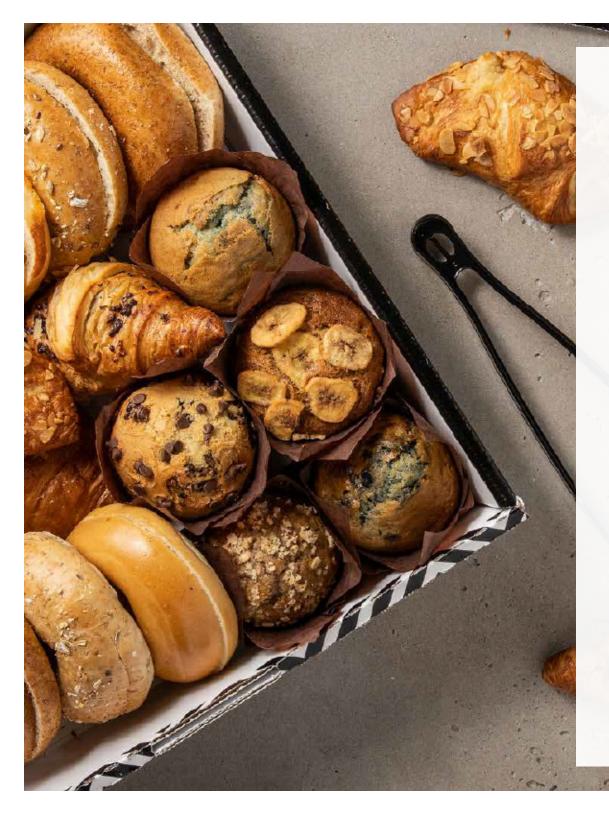
and pesto mayo

Egg, ham, cheddar cheese and pesto mayo

#### **PANINI SANDWICH** \$8.00 550 Cals

Egg, bacon, cheddar cheese and mayo

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



# **CONTINENTAL BREAKFAST**

PRICES PER PERSON | MINIMUM 8

### ASSORTED PASTRIES + CROISSANTS

Butter Croissant	\$3.75	280 Cals
Almond Croissant	\$4.90	370 Cals
Maple-Pecan Danish	\$4.90	320 Cals
Raisin Brioche	\$4.90	300 Cals
Greek Yogurt-Cherry Danish	\$4.90	350 Cals
Raspberry-Chocolate Scone	\$4.30	560 Cals
Blueberry Scone	\$4.30	360 Cals

ASSORTED MUFFINS	\$3.75
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	\$3.40	470 Cals
•	With Jam	\$3.40	450 Cals
•	With Cream Cheese	\$4.90	720 Cals

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



# **POPULAR LUNCH BOXES**

\$19.05 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 \$4.90 extra.

SIDE SALAD

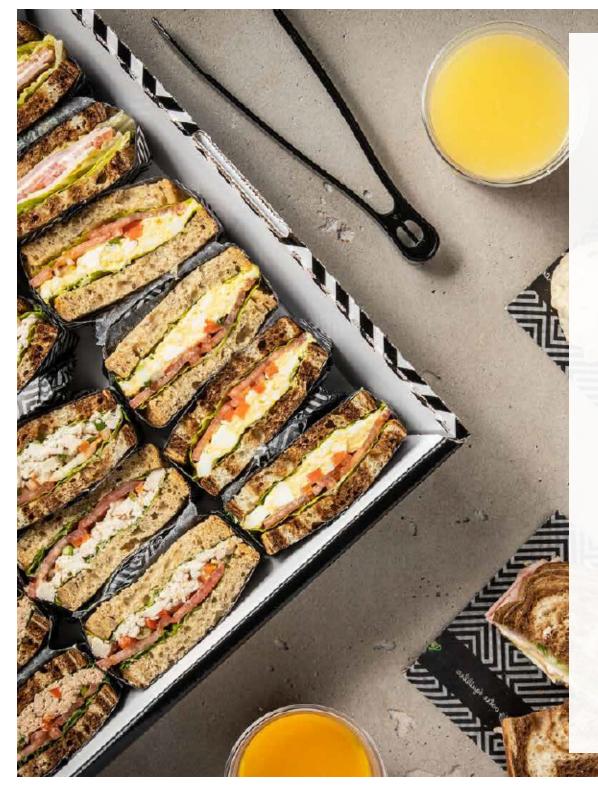
30 - 610 Cals

### STEP 3:

Choose your dessert from one of the following:

WHOLE FRUIT	70 - 90 Cals
FRESHLY-BAKED COOKIE	180 - 200 Cals
DESSERT SQUARE (+\$2.60)	220 - 420 Cals

### ADD ON WATER BOTTLE \$3.45 ADD ON POP CAN \$2.60



# 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**

\$25.10 | 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 \$3.45 0 Cals POP Can \$2.60 170 Cals Substitute Assorted Cake Slices for Dessert \$3.85 200-300 Cals

### **PANINI SANDWICH MEALS**

\$27.35 | 655-1010 Cals

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

#### Add-ons:

Water Bottle	\$3.45	0 Cals
POP Can	\$2.60	170 Cals
Substitute Assorted Cake Slices for Dessert	\$3.85	200-300 Cals



# LUNCH SANDWICHES

A selection of our artisanal sandwiches.

#### PRICES PER PERSON | MINIMUM 8

### PANINIS

Chicken Bacon 480 Cals Chicken, bacon, mozzarella, Creole mustard and baby spinach.

Ham & Brie 500 Cals Ham, tomatoes, brie cheese and pesto.

**Chicken Cajun 380 Cals** Chicken, mozzarella and Cajun sauce.

Chicken Pesto 510 Cals Chicken, grilled zucchini, mozzarella, pesto mixture and arugula. Salami & Bocconcini 540 Cals Salami, tomatoes, bocconcini, sundried tomato mayo and baby spinach.

**Greek 470 Cals** Grilled zucchini, tomatoes, feta cheese, sundried tomato mayo and spinach.

**Chicken Sriracha 410 Cals** Chicken, roasted peppers, Swiss cheese, sriracha mayo and baby spinach.

**Turkey & Roasted Peppers 410 Cals** Turkey, roasted peppers, mozzarella, Creole mustard and arugula.

### **GRILLED CHEESE**

Fig & Goat Cheese 770 Cals Fig jam, walnuts, goat cheese & cheddar cheese on tuscan bread.

Kimchi Mushroom750 CalsKimchi, roasted mushrooms,sesame oil, honey, cheddar cheese& mozarella on tuscan bread.

660 Cals

\$12.00

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

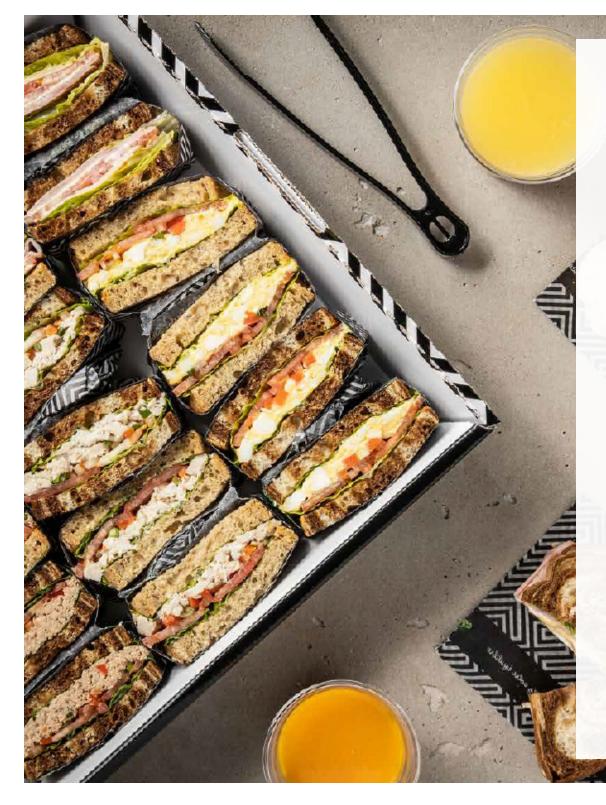
Firecracker

Bacon Cheddar 350 Cals Bacon, leak and cheddar cheese.

Gluten-Free Panini Bread available for an additional \$1.15

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.

\$12.00



### WRAPS

**Chicken Avocado 450 Cals** Chicken, avocado, tomatoes, romaine lettuce and mayo.

Mediterranean 490 Cals Artichoke hearts, roasted red peppers, feta cheese, sundried tomato pesto, mayo and baby spinach.

### CLASSICS

Tuna Salad 360 Cals Tuna salad, green onion, red peppers, tomatoes and romaine lettuce.

Ham & Swiss 320 Cals Ham, Swiss cheese, tomatoes, romaine lettuce, mayo and Dijon mustard.

### **GRILLED PITAS**

Chicken Chipotle 420 Cals Chicken, red and green peppers, mango, onion and chipotle sauce.

Smoked Salmon 440 Cals Smoked salmon, capers, olives, onion, cream cheese and sundried tomato mayo.

Chicken & Brie 400 Cals Chicken, tomatoes, brie cheese, baby spinach and pesto aioli. **Turkey Avocado 490 Cals** Turkey, avocado, cucumber, tomatoes, Swiss cheese, baby spinach and mayo.

Chicken Caesar 530 Cals Chicken, parmesan cheese, bacon, romaine lettuce and Caesar dressing.

\$11.50

\$11.50

Roast Beef & Swiss 420 Cals Roast beef, Swiss cheese, tomatoes, romaine lettuce and Creole mustard.

Egg Salad 390 Cals Egg salad, green onion, red peppers, tomatoes, romaine lettuce and mayo.

\$11.50

Vegetarian 420 Cals Grilled eggplant, grilled zucchini, roasted peppers, Swiss cheese and sundried tomato mayo.

Roast Beef 540 Cals Roast beef, caramelized onion, sautéed mushrooms, Swiss cheese and aioli.

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

# HOT MEALS

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

PRICES PER SINGLE ITEM | MINIMUM 8

## CHICKEN POT PIE \$14.95 720 Cals

#### **BUTTER CHICKEN** \$24.45 960 Cals

Chicken and vegetables in pastry.

#### QUICHE \$14.95 250-290 Cals

Choice of:

- Quiche Lorraine
- Broccoli & Cheese Quiche
- Vegetable Quiche

#### **MEAT LASAGNA** \$18.70 410 Cals

Meat lasagna in tomato sauce served with garlic bread.

#### **VEGGIE LASAGNA** \$18.70 330 Cals

Vegetarian lasagna in cream sauce served with garlic bread.

#### SOUTHWESTERN CHICKEN \$21.50 540 Cals

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

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

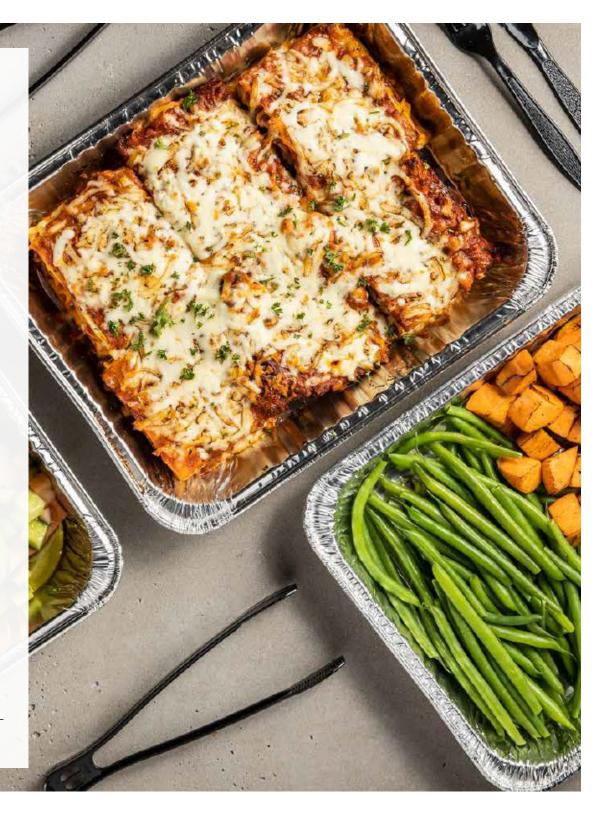
#### SWEET CHILI CHICKEN \$21.50 780 Cals

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 \$21.50 400 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: \$8.35 70 - 180 Cals Large: \$10.65 110 - 290 Cals



# SALADS

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

#### \$5.45 PER PERSON | MINIMUM 8

Chef Salad 30 Cals Spring mix, seasonal vegetables and fresh parsley.

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.

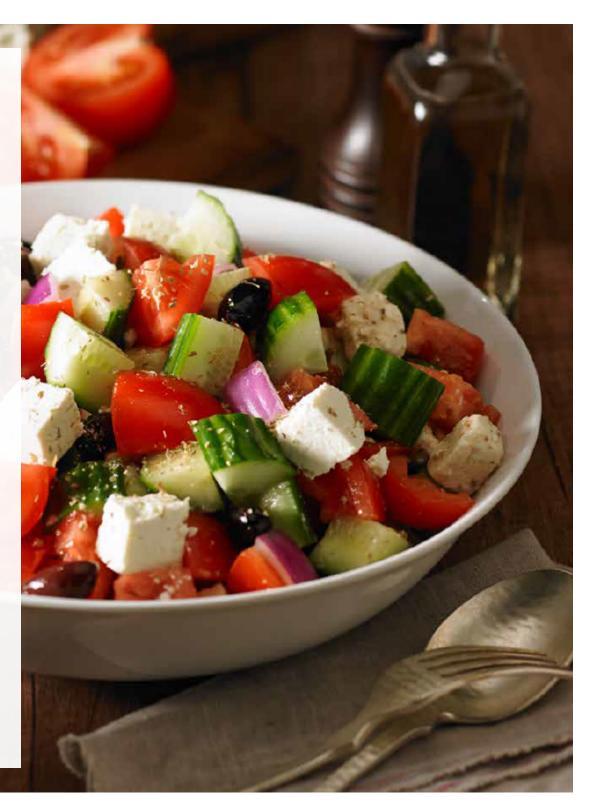
Tomato & Artichoke Salad 100 Cals Tomatoes, artichokes, green peppers, olives, fresh dill, oil and vinegar.

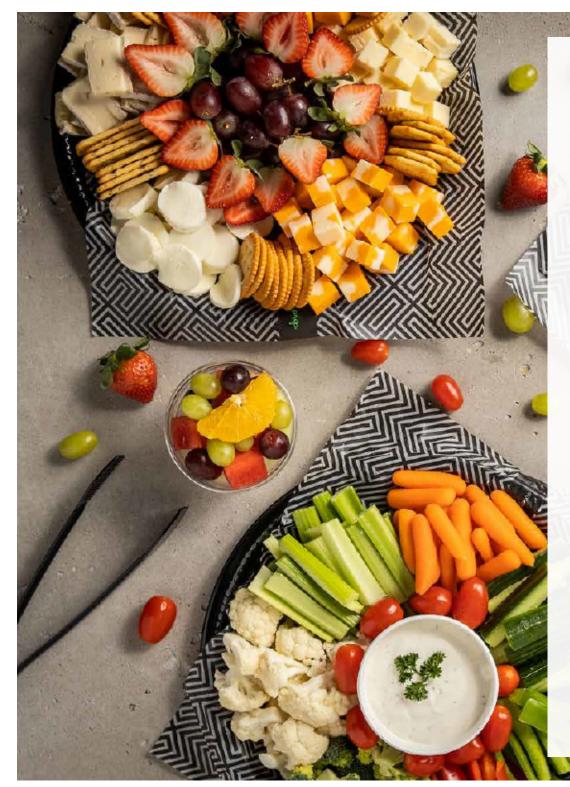
Italian Fantasy Salad 530 Cals Pasta with broccoli florets, red peppers, black olives, red onion, fresh parsley, Green Goddess dressing and mayo.

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.





# MEAL SALADS

**MINIMUM 8** 

Protein Power Bowl \$15.45 410 Cals Kale, spring mix, grilled chicken, quinoa, edamame, chickpeas, sweet potato, hemp hearts and zucchini with Tahini dressing.

Quinoa Bowl \$12.95 510 Cals Kale, spring mix, feta cheese, sweet potato, wasabi peas, guinoa and beets with Green Goddess dressing.

Fruit Melody Bowl \$15.45 230 Cals Mixed greens, grilled chicken, strawberries, pineapple, blueberries, clementine and pecans served with Raspberry vinaigrette.

Add Grilled Chicken \$3.95 80 Cals

### **HEALTHY BITES** PRICE PER PERSON | MINIMUM 8

**Cheese & Grape Platter** \$8.60 300 - 400 Cals / 100 g Assorted cheeses, grapes, strawberries and crackers.

**Fresh Vegetable Platter** \$8.60 70 Cals / 100 g Assorted fresh vegetables.

**Yogurt Parfait** \$6.05 70-90 Cals Vanilla yogurt, mixed berries and granola.

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

Chicken Caesar Bowl \$15,45 520 Cals Romaine lettuce, grilled chicken, bacon and croutons complemented with a creamy Caesar dressing.

Chicken Quinoa Bowl \$15.45 510 Cals Mixed greens, guinoa, sliced chicken breast, edamame, black beans, sweet corn, dried cranberries, goat cheese and tarragon with Balsamic vinaigrette.

Bistro Bowl \$12.95 470 Cals Mixed greens, arugula, carrot noodles, roasted mushrooms, Kalamata olives, red cabbage, hemp hearts and goat cheese with Balsamic dressing.

Enhance your gatherings with our platters.

Whole Fruits \$2.00 70-90 Cals Banana, apple, orange (Selections subject to availability.)

**Fresh Fruit Platter** \$5.75 90 Cals / 100 g Assorted seasonal fruits.

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

# DESSERTS

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

SQUARES

\$4.90 220 - 420 Cals

WHOLE CAKES

bars, macaroon madness

Available upon special request.

SINGLE SERVINGS | MINIMUM 8

#### **DESSERT LOAVES** \$4.90 230 - 340 Cals Banana, carrot-pineapple,

lemon-poppy seed, marble

### COOKIES (small) \$2.15 180 - 200 Cals

Chocolate chip, double chocolate, white chocolate

COOKIES (large) \$4.90 Chocolate Chip 360 Cals

# **DESSERT PACKAGES**

PRICES PER PERSON | MINIMUM 8

SIGNATURE DESSERT PACKAGE \$5.45 270-400 Cals

An assortment of cupcakes and tarts.

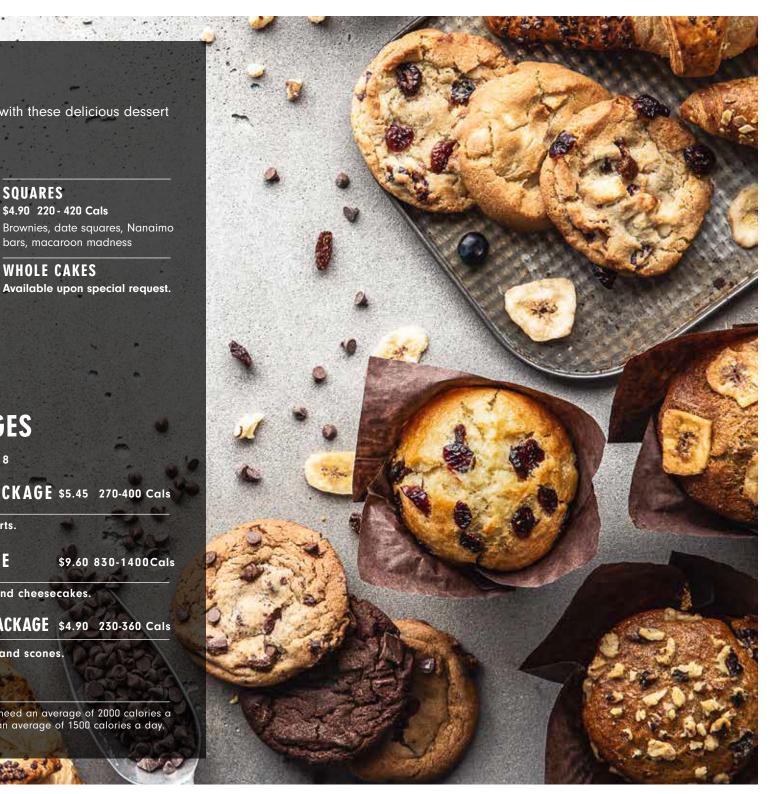
**GOURMET CAKE PACKAGE** 

\$9.60 830-1400Cals

An assortment of gourmet cakes and cheesecakes.

SCONE, SQUARE & LOAVE PACKAGE \$4.90 230-360 Cals

An assortment of loaves, squares and scones.



# BEVERAGES

#### **COLD BEVERAGES**

	Price	Cals		Price	Cal
WATER	\$3.45	0	MILK 473ML	\$3.85	260
PERRIER	\$4.35	0	CHOCOLATE MILK 473ML	\$3.85	440
SMART WATER	\$4.00	0	FRESH-SQUEEZED REGULAR	\$6.05	110-190
VITAMIN WATER	\$4.90	0-130	FRESH-SQUEEZED PREMIUM	\$8.05	210-220
			SIMPLY JUICE	\$4.60	210-220

#### **SOFT DRINKS**

	Price Cals		Price Cals
COCA COLA (CAN)	\$2.60 140	COKE (BOTTLE)	\$4.00 240
DIET COKE (CAN)	\$2.60 0	DIET COKE (BOTTLE)	\$4.00 0
GINGER ALE (CAN)	\$2.60 140	ICED TEA (BOTTLE)	\$4.00 160
SPRITE (CAN)	\$2.60 140		

#### **HOT BEVERAGES**

	Price	Cals		Price	Cals
<b>COFFEE THERMOS 640Z</b> (SERVES APPROX. 6 PEOPLE) Sierra Verde (medium roast) or Colombian (dark roast)	\$20.00	0	PREMIUM TEA Green Tea Tropical, Organic Earl Grey, Chamomile-Citrus, Organic Green Tea, Organic Mint, Organic Breakfast, Bombay Chai	\$3.40	0
<b>COFFEE THERMOS 96OZ</b> (SERVES APPROX. 9 PEOPLE) Sierra Verde (medium roast) or Colombian (dark roast)	\$27.50	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 (Dark Roast) Las Hermosas (Medium Roast)

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