# **CATERING MENU**

Order online: 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.

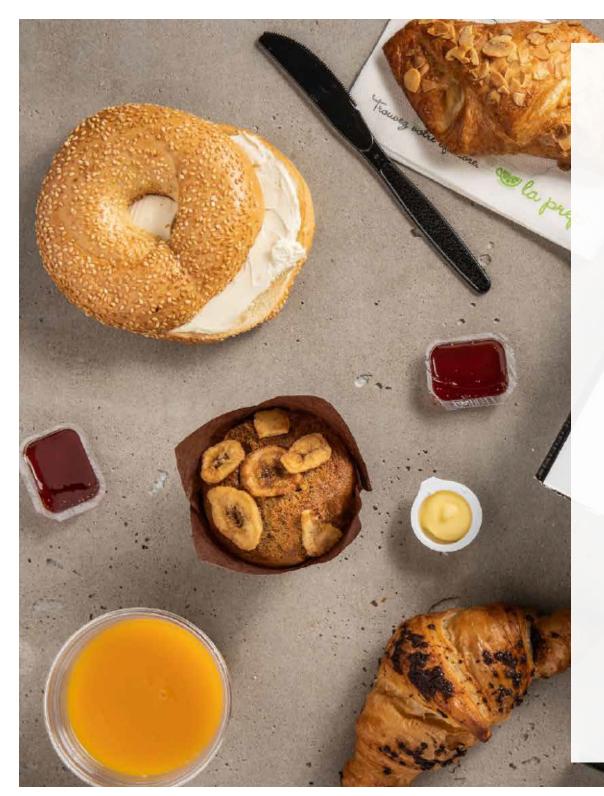
Our first option is our traditional group buffet-style catering with sharing platters of delicious meals and treats. Our new second option is individually packaged meals ready to eat without needing to self-serve. Please ensure you specify which option you would like as you place your catering order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

Order through: catering@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		\$13.65
ASSORTED PASTRIES + FRUIT CUP + COFFEE		430-580 Cals
Add-ons: Yogurt Parfait with Berries Substitute Fresh Orange Juice for Coffee	\$6.05 \$2.65	400 Cals 110 Cals
SANDWICH PACKAGE		\$15.65
ASSORTED SANDWICHES + FRUIT CUI + COFFEE	P	430-820 Cals
Add-ons: Assorted Pastries Yogurt Parfait with Berries Substitute Fresh Orange Juice for Coffee	\$4.90 \$6.05 \$2.65	270-370 Cals 400 Cals 110 Cals
COFFEE BREAK PACKAGE		\$7.65
PREMIUM COFFEE BLENDS + 2 COOKIES OR 1 PASTRY		180-360 Cals
Add-ons:		

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.

#### **SPARTAN WRAP** \$7.20 610 Cals

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

**BAGEL SANDWICH** \$6.85 410 Cals

Egg, ham, cheddar cheese and pesto mayo.

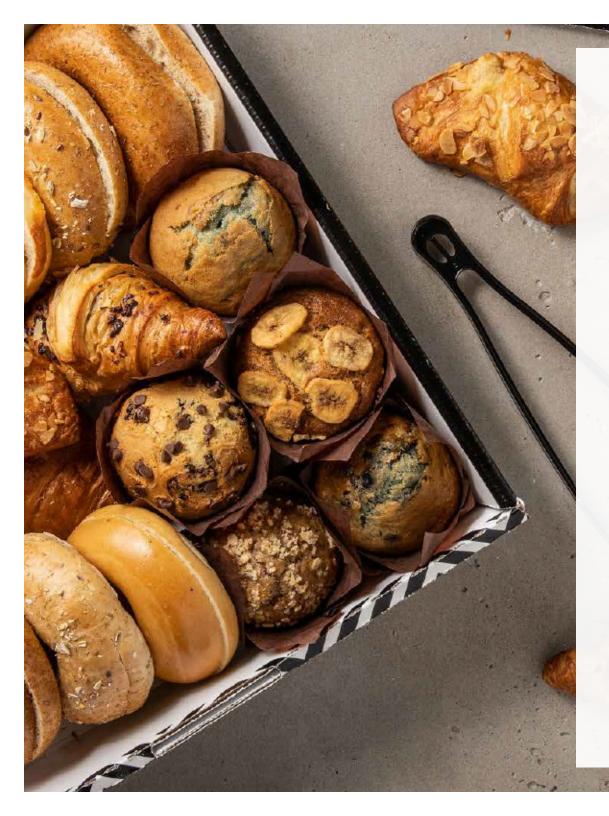
AVOCADO TOAST \$7.65 530 Cals

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

#### CROISSANT SANDWICH \$7.20 400 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.



# **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
Hazelnut-Cocoa Croissant	\$4.90	350 Cals
Cinnamon & Raisin Butter 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

470 Cala
430 Cals
460 Cals
430 Cals
390 Cals
430 Cals
450 Cals

\$3.75

# **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:

290 - 650 Cals
210 - 420 Cals
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 \$4.90 extra.

SIDE SALAD

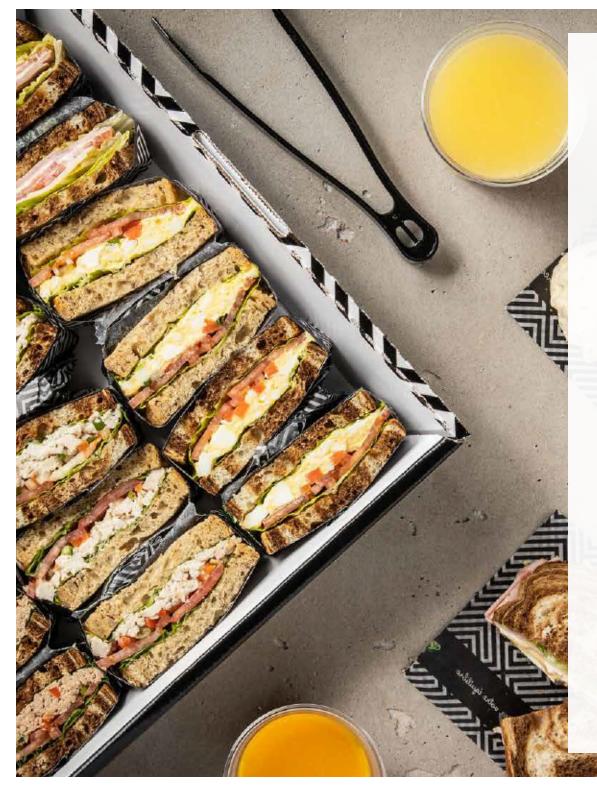
30 - 610 Cals

# 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: BOTTLED WATER \$3.45 | 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 and Wraps
- Choice of 2 Salads
- Choice of Cookies or Fresh Fruit Cup

#### Add-ons:

**Bottled Water** \$3.45 Pop Can \$2.60 Substitute Assorted Cake Slices for Dessert \$3.85

### \$27.35 655-1010 Cals

0 Cals

170 Cals

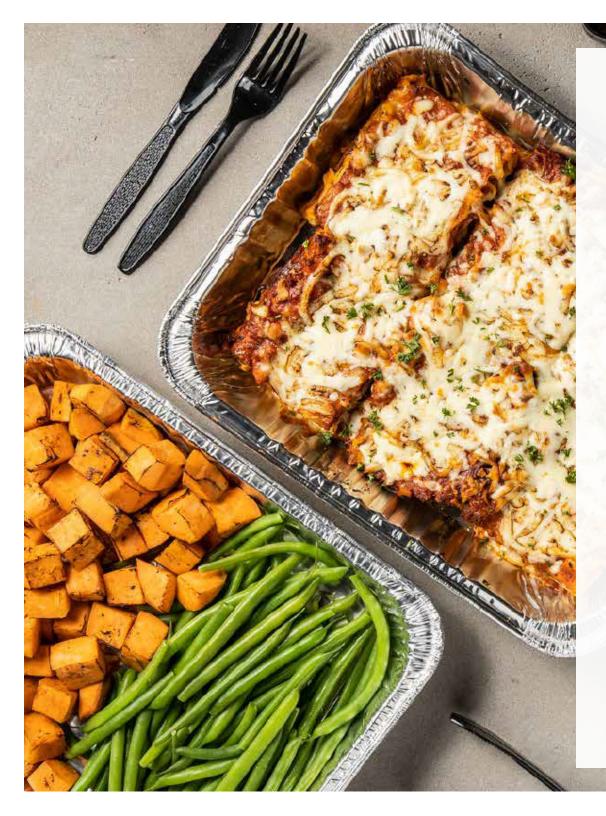
200-300 Cals

**PREMIUM SANDWICH MEALS** 

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

#### Add-ons:

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



# LUNCH PACKAGES

PRICES PER PERSON | MINIMUM 8

HOT BOWL PACKAGE	\$26.05	\$26.05   1140-1360 Cals		
Choose any 1 of our Hot Bowls Assorted Cookies (2 per person)				
Add-ons:				
Bottled Water	\$3.45	0 Cals		
Pop Can	\$2.60	170 Cals		
FLATBREAD PACKAGE	\$21.50   510-890 Cal			
Choose any 1 of our Flatbreads Your choice of 1 Side Salad				
Add-ons:				
Bottled Water	\$3.45	0 Cals		
Pop Can	\$2.60	170 Cals		

# COFFEE BREAK PACKAGE

\$7.65 360-400 Cals

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- Includes our 100% Rainforest Alliance Coffee
- Assorted Cookies (2 per person)



# LUNCH SANDWICHES

A selection of our artisanal sandwiches.

PRICES PER PERSON | MINIMUM 8

## **PREMIUM SANDWICHES**

#### \$12.00

#### Firecracker Grilled Cheese 660 Cals

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

Fig & Goat Cheese Grilled Cheese 770 Cals Fig jam, walnuts, goat cheese &

cheddar cheese on tuscan bread.

Kimchi Mushroom Grilled Cheese 750 Cals Kimchi, roasted mushrooms, sesame oil, honey, cheddar cheese & mozarella on tuscan bread.

#### Cuban Sandwich 430 Cals

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

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

### **650 Cals** Chicken, brie, caramelized onion,

**Chicken & Brie Sandwich** 

apple, Orange Marmalade and arugula on a focaccia bun.

#### Reuben Sandwich 500 Cals

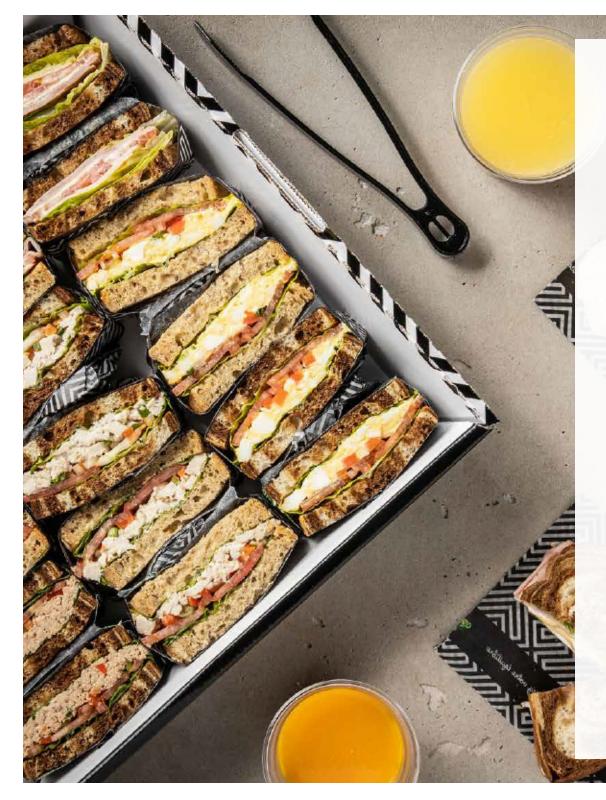
Pastrami, Swiss cheese, sauerkraut, arugula and Thousand Island sauce on a focaccia bun.

#### 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.



### WRAPS

Tandoori Chicken 290 Cals Tandoori chicken, romaine, tomatoes, red onion, marble cheese and cucumber.

Roasted Vegetable 550 Cals Zucchini, red peppers, tomatoes, bocconcini, spinach, pesto, 8-pepper honey mayo and balsamic glaze.

## glaze.

### **CLASSIC SANDWICHES**

**Tuna Salad 270 Cals | \$8.60** Tuna, red peppers, green onion, mayo, lettuce and tomatoes. **Egg Salad 210 Cals | \$8.60** Egg, red peppers, green onion, mayo, lettuce and tomatoes.

Chicken Salad 320 Cals | \$9.20 Diced chicken, red onion, celery, mayo, lettuce and tomatoes. Ham & Swiss 420 Cals | \$9.20 Ham, Swiss cheese, tomatoes, lettuce and Dijonnaise.

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

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.

#### \$11.50

#### Chicken Avocado 650 Cals Chicken, avocado, red peppers, edamame, spinach, red onion and sesame mayo.

# 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.

#### 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.





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# **MEAL SALADS** PRICES PER PERSON | MINIMUM 8

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

## **SIGNATURE SALADS \$12.95**

Protein Power Bowl 410 Cals Kale, spring mix, guinoa, 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.

#### Add-ons (Extra Charge):

Boiled Egg	\$1.45	70 Cals
Grilled Chicken	\$7.40	400 Cals
Salmon	\$8.05	110 Cals

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 \$12.95**

#### **1. PICK YOUR BASE:**

•	Kale/Mixed Greens	20 Cals	٠	Spinach/Mixed Greens	10 Cals
•	Romaine/Mixed Greens	20 Cals	•	Arugula/Mixed Greens	10 Cals

- Romaine/Mixed Greens 20 Cals
- Cals

#### 2. PICK YOUR 5 TOPPINGS: (Extra Toppings \$0.90 Each)

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

#### 3. PICK YOUR PREMIUM TOPPINGS: (\$1.50 Each)

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

<ul> <li>Grilled Chicken</li> </ul>	\$7.40	80 Cals	Salmon	\$8.05	180 Cals	
<ul> <li>Boiled Egg</li> </ul>	\$1.45	70 Cals				

#### 5. TOP IT OFF WITH OUR SIGNATURE VEGAN DRESSINGS:

Lemon Za'atar 170 Cals
 Tahini 150 Cals

• Balsamic 240 Cals

# HOT BOWLS

#### PRICES PER SINGLE ITEM | MINIMUM 8

### ASIAN BBQ SALMON

#### \$21.80 780 Cals

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

### MANGO COCONUT CHICKEN

#### \$21.80 920 Cals

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

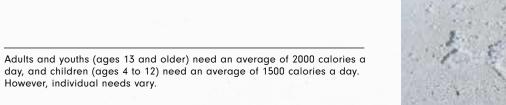
# MEDITERRANEAN CHICKEN

#### \$21.80 950 Cals

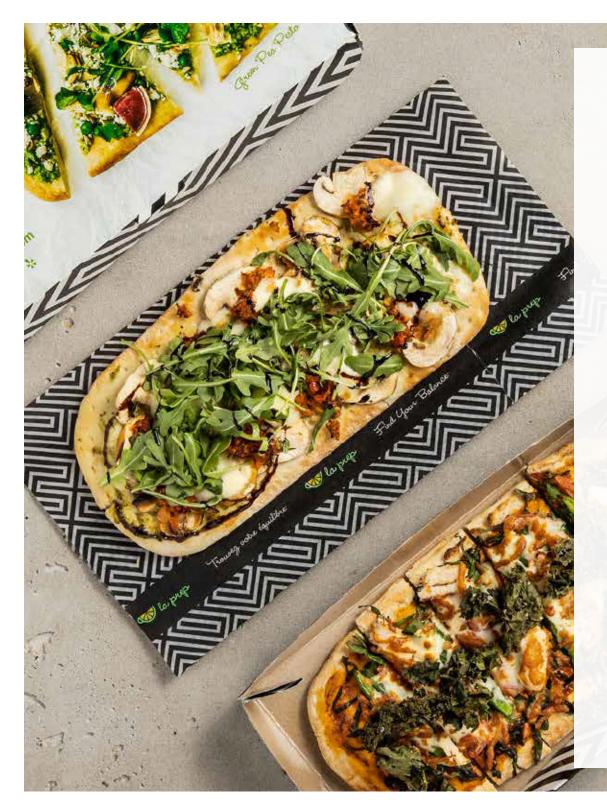
Chicken, couscous, chickpeas, iceberg, tomatoes, cucumber, roasted red and green peppers, olives, caramelized onion, beets, chilli oil, roasted zucchini, aioli and feta.

#### BUTTER CHICKEN BOWL \$21.80 960 Cals

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







# 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**

**\$16.60 760 Cals** Makhani sauce, tandoori chicken, red peppers, caramelized onions and mozzarella cheese.

# CHIPOTLE CHICKEN KALE

**\$16.60 510 Cals** Grilled chicken, green peppers, tomatoes, mozzarella, chipotle sauce and garlic kale.

### MUSHROOM SPEZIATA

**\$16.60 710 Cals** Mushrooms, bocconcini, La Bomba, garlic pesto, arugula and balsamic glaze.

# **PROTEIN ADD-ONS**

CHICKEN STRIPS \$3.95 80 Cals



# HEALTHY BITES

Enhance your gatherings with our platters.

PRICE PER PERSON | MINIMUM 8

Cheese & Grape Platter \$8.60 300 - 400 Cals / 100 g Assorted cheeses, grapes, strawberries and crackers. Whole Fruits \$2.00 70-90 Cals Banana, apple, orange (Selections subject to availability.)

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. 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 Salted Caramel 350 Cals

# **DESSERT PACKAGES**

PRICES PER PERSON | MINIMUM 8

SIGNATURE DESSERT PACKAGE \$5.45 270-400 Cals

An assortment of cupcakes and tarts.

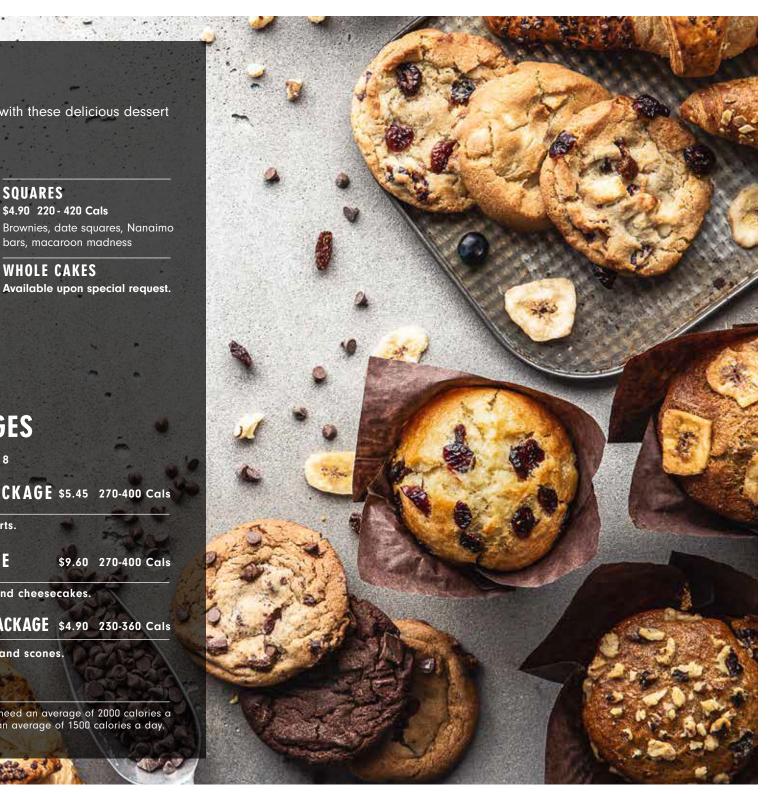
**GOURMET CAKE PACKAGE** 

\$9.60 270-400 Cals

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 C	als
COKE (CAN)	\$2.60 140	COKE (BOTTLE)	\$4.00 2	40
DIET COKE (CAN)	\$2.60 0	DIET COKE (BOTTLE)	\$4.00 0	)
GINGER ALE (CAN)	\$2.60 140	ICED TEA (BOTTLE)	\$4.00 1	60
SPRITE (CAN)	\$2.60 140			

### **HOT BEVERAGES**

	Price Cals		Price Cals
<b>COFFEE THERMOS 64OZ</b> (SERVES APPROX. 6 PEOPLE) Island Reserve (medium roast) Privateer (dark roast)	\$20.00 0 ),	<b>PREMIUM TEA</b> Bold Breakfast, Earl Gray, Chai,	\$3.40 0
<b>COFFEE THERMOS 96OZ</b> (SERVES APPROX. 9 PEOPLE) Island Reserve (medium roast) Privateer (dark roast)	\$27.50 O ),	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)

Trouvez votre équilibre in up



Find Your Balance

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