

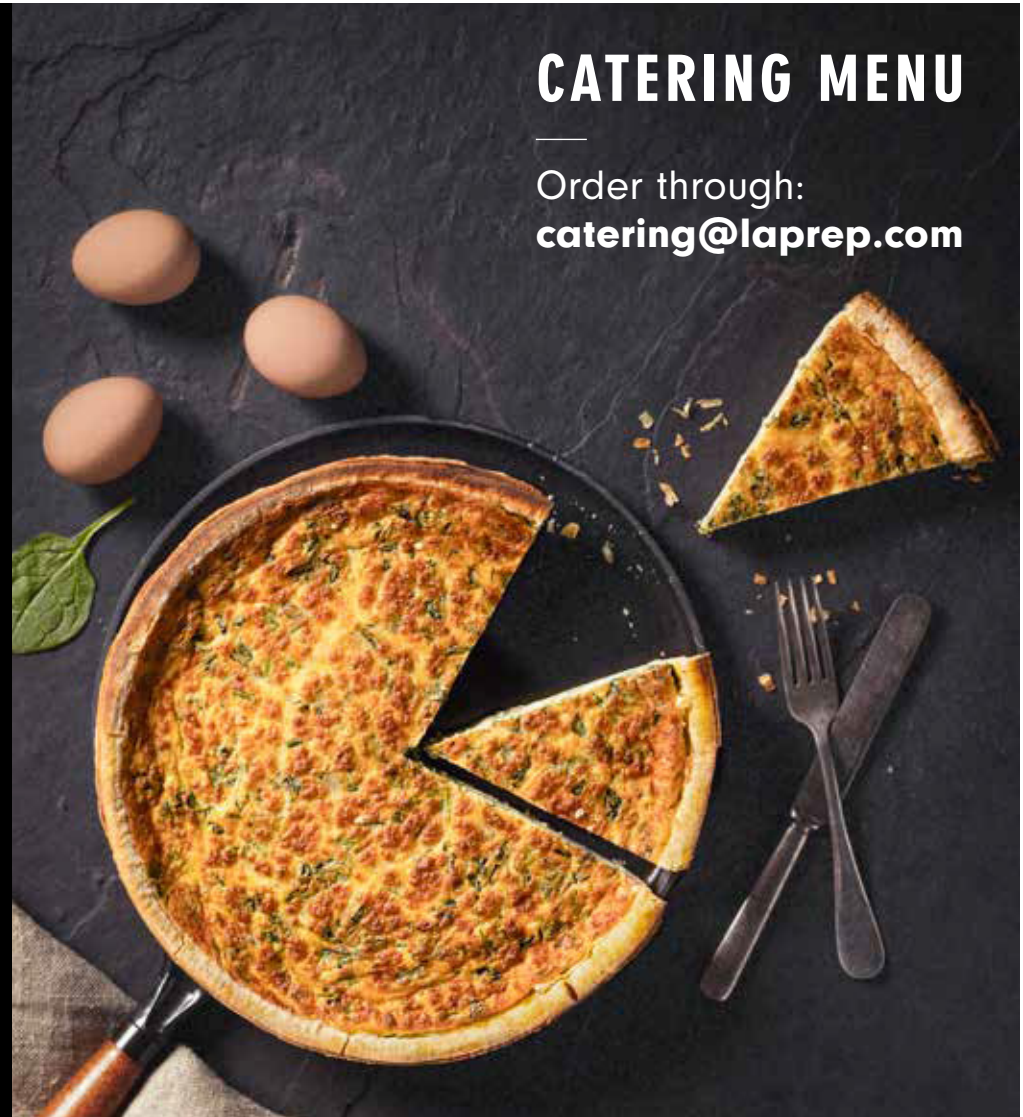


*Find Your Balance*

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Order through: [catering@laprep.com](mailto:catering@laprep.com)

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## CATERING MENU

Order through:  
[catering@laprep.com](mailto: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

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 \$13.95

**ASSORTED PASTRIES + FRUIT CUP + COFFEE** **430-580 Cals**

**Add-ons:**  
 Yogurt Parfait with Berries \$6.25 400 Cals  
 Substitute Fresh Orange Juice for Coffee \$2.99 110 Cals

## SANDWICH PACKAGE \$16.25

**ASSORTED SANDWICHES + FRUIT CUP + COFFEE** **430-820 Cals**

**Add-ons:**  
 Assorted Pastries \$5.15 270-370 Cals  
 Yogurt Parfait with Berries \$6.25 400 Cals  
 Substitute Fresh Orange Juice for Coffee \$2.99 110 Cals

## COFFEE BREAK PACKAGE \$7.95

**PREMIUM COFFEE BLENDS** **180-360 Cals**

**+ 2 COOKIES OR 1 PASTRY**  
**Add-ons:**  
 Seasonal Fruit Cup \$5.75 160-210 Cals

## CONTINENTAL PLATTER \$7.75

**PASTRIES, MUFFINS, BAGELS, SCONES WITH BUTTER, JAM AND CREAM CHEESE**

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*

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#### **ENGLISH MUFFIN SANDWICH**

**\$5.50 300 Cals**

Egg, tomatoes, cheddar cheese and mayo

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#### **AVOCADO BLT**

**\$7.75 530 Cals**

Fresh avocado, bacon, tomatoes, seasonal greens and mayo

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#### **SPARTAN WRAP**

**\$7.75 610 Cals**

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

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#### **CROISSANT SANDWICH**

**\$7.75 400 Cals**

Egg, ham, Swiss cheese and mixed greens

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#### **BAGEL SANDWICH**

**\$5.95 410 Cals**

Egg, ham, cheddar cheese and pesto mayo

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#### **PANINI SANDWICH**

**\$8.00 550 Cals**

Egg, bacon, cheddar cheese and mayo

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

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# CONTINENTAL BREAKFAST

PRICES PER PERSON | MINIMUM 8

## ASSORTED PASTRIES + CROISSANTS

• Butter Croissant	\$3.99	280 Cals
• Almond Croissant	\$5.15	370 Cals
• Maple-Pecan Danish	\$5.15	320 Cals
• Raisin Swirl	\$5.15	300 Cals
• Greek Yogurt-Cherry Danish	\$5.15	350 Cals
• Cinnamon Scone	\$4.95	410 Cals
• Blueberry Scone	\$4.95	360 Cals

## ASSORTED MUFFINS

**\$3.99**

• 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>\$3.75</b>	470 Cals
• With Jam	<b>\$4.00</b>	450 Cals
• With Cream Cheese	<b>\$5.15</b>	720 Cals

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# POPULAR LUNCH BOXES

\$19.95 PER LUNCH BOX | MINIMUM 8

*Create Yours*  
IN 3 EASY STEPS

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## STEP 1:

Select your favourite sandwich:

- WRAP 450 - 530 Cals
- CLASSIC 320 - 420 Cals
- GRILLED PITA 400 - 540 Cals
- PANINI 380 - 540 Cals

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## 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

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## STEP 3:

Choose your dessert from one of the following:

- WHOLE FRUIT 70 - 90 Cals
- FRESHLY-BAKED COOKIE 180 - 200 Cals
- LUCIOUS LEMON DESSERT STACK (+\$2.99) 300 Cals
- TOFFEE BLONDIE DESSERT STACK (+\$2.99) 380 Cals
- NUTTY ROCKSLIDE BROWNIE STACK (+4.75) 550 Cals
- LOAF (+2.99) 300 - 360 Cals

ADD ON WATER BOTTLE **\$3.45**

ADD ON POP CAN **\$2.60**

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# 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 \$25.95 | 655-1010 Cals

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

**Add-ons:**

Water Bottle	\$3.45	0 Cals
POP Can	\$2.60	170 Cals
Substitute Dessert for Peanut Butter Chocolate Cake, or Blueberry Cheesecake Cobbler	\$4.60	630-670 Cals

## PANINI SANDWICH MEALS \$28.95 | 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 Dessert for Peanut Butter Chocolate Cake, or Blueberry Cheesecake Cobbler	\$4.60	630-670 Cals

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## LUNCH SANDWICHES

A selection of our artisanal sandwiches.

PRICES PER PERSON | MINIMUM 8

### PANINIS

\$12.95

#### Ham & Brie 500 Cals

Ham, tomatoes, brie cheese and pesto.

#### Salami & Bocconcini 540 Cals

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

#### Chicken Cajun 380 Cals

Chicken, mozzarella and Cajun sauce.

#### Greek 470 Cals

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

#### Chicken Pesto 510 Cals

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

#### Chicken Sriracha 410 Cals

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

### GRILLED CHEESE

\$12.95

#### Fig & Goat Cheese 770 Cals

Fig jam, walnuts, goat cheese & cheddar cheese on tuscan bread.

#### Firecracker 660 Cals

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

#### Kimchi Mushroom 750 Cals

Kimchi, roasted mushrooms, sesame oil, honey, cheddar cheese & mozzarella on tuscan bread.

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

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## WRAPS

\$11.95

### 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.

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### 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.

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## CLASSICS

\$11.95

### Tuna Salad 360 Cals

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

### Chicken Salad 380 Cals

Diced chicken, green onions, red peppers, lettuce, tomatoes, and mayo.

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### 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.

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## GRILLED PITAS

\$11.95

### 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.

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### 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.

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### Chicken & Brie 400 Cals

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

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# HOT MEALS

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

PRICES PER SINGLE ITEM | MINIMUM 8

## CHICKEN POT PIE

\$15.25 720 Cals

Chicken and vegetables in pastry.

## BUTTER CHICKEN

\$24.24 960 Cals

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

## QUICHE

\$15.25 250-290 Cals

Choice of:

- Quiche Lorraine
- Broccoli & Cheese Quiche
- Vegetable Quiche

## 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.

## MEAT LASAGNA

\$18.99 410 Cals

Meat lasagna in tomato sauce served with garlic bread.

## 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.

## VEGGIE LASAGNA

\$18.99 330 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.

## SOUP OF THE DAY

Regular: \$8.99 70 - 180 Cals

Large: \$10.75 110 - 290 Cals

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# SALADS

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

**\$5.70 PER PERSON | MINIMUM 8**

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**Chef Salad 30 Cals**

Spring mix, seasonal vegetables and fresh parsley.

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**Caesar Salad 210 Cals**

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

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**Sundried Tomato Pasta Salad 380 Cals**

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

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**Parisian Apple Salad 300 Cals**

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

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**Pesto Pasta Salad 340 Cals**

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

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**Greek Salad 100 Cals**

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

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**Red Potato Salad 310 Cals**

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

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**Tomato & Artichoke Salad 100 Cals**

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

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**Springtime Salad 130 Cals**

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

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**Lemony Chickpea Salad 230 Cals**

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

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**Beet Salad 140 Cals**

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



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## MEAL SALADS

MINIMUM 8

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

**Protein Power Bowl \$15.95 410 Cals**  
Kale, spring mix, grilled chicken, quinoa, edamame, chickpeas, sweet potato, hemp hearts and zucchini with Tahini dressing.

**Chicken Caesar Bowl \$15.95 520 Cals**  
Romaine lettuce, grilled chicken, bacon and croutons complemented with a creamy Caesar dressing.

**Quinoa Bowl \$13.35 510 Cals**  
Kale, spring mix, feta cheese, sweet potato, wasabi peas, quinoa and beets with Balsamic vinaigrette.

**Chicken Quinoa Bowl \$15.95 510 Cals**  
Mixed greens, quinoa, sliced chicken breast, edamame, black beans, sweet corn, dried cranberries, goat cheese and tarragon with Balsamic vinaigrette.

**Bistro Bowl \$13.35 470 Cals**  
Mixed greens, arugula, carrot noodles, roasted mushrooms, Kalamata olives, red cabbage, hemp hearts and goat cheese with Lemon Za'atar.

**Add Grilled Chicken \$3.95 80 Cals**

## HEALTHY BITES

PRICE PER PERSON | MINIMUM 8

Enhance your gatherings with our platters.

**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.

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

**Yogurt Parfait**  
**\$6.25 70-90 Cals**  
Vanilla yogurt, mixed berries and granola.

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

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# DESSERTS

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

SINGLE SERVINGS | MINIMUM 8

## COOKIES (small)

\$2.15 | 180 - 200 Cals

Chocolate Chip, Double Chocolate, White Chocolate

## COOKIES (large)

\$4.95 | 380 - 410 Cals

Chocolate Chunk, Salted Caramel

## STACKS

\$4.95 | 300 - 550 Cals

Blondie Toffee Crunch,  
Lucious Lemon,  
Nutty Brownie Rockslide (+\$2)

## DESSERT LOAVES


\$5.15 | 300 - 360 Cals

Lemon Glaze, Orange Poppy,  
Marble Chocolate Chip,  
Cinnamon Walnut Streussel,  
Banana Walnut



## CAKES (Whole Available upon special request.)

Classic Coffee Cake Round

\$7.45 | 440 Cals

Chocolate Torte Slice 

\$7.95 | 350 Cals

Banana Coconut Cream Cake Round  

\$7.95 | 390 Cals

Blueberry Cobbler Cheesecake Slice

\$10.95 | 630 Cals

Chocolate Peanut Butter Cake Slice

\$10.95 | 670 Cals



= Vegan



= Gluten Free

# DESSERT PACKAGES

PRICES PER PERSON | MINIMUM 8

## GOURMET CAKE PACKAGE

\$10.95 440-670 Cals

An assortment of gourmet cakes and cheesecakes.

## SCONE & LOAF PACKAGE

\$4.95 300-550 Cals

An assortment of loaves and scones.

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# BEVERAGES

## COLD BEVERAGES

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

## SOFT DRINKS

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

## HOT BEVERAGES

	Price	Cals		Price	Cals
<b>COFFEE THERMOS 64OZ</b> (SERVES APPROX. 6 PEOPLE) Sierra Verde (medium roast) or Colombian (dark roast)	\$23.00	0	<b>PREMIUM TEA</b> 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)	\$28.00	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)**



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