

# CATERING MENU

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[laprep.com](http://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

\$13.65

### 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:**

Assorted Pastries	\$4.90	270-370 Cals
Yogurt Parfait with Berries	\$6.05	400 Cals
Substitute Fresh Orange Juice for Coffee	\$2.65	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
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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

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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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#### **SPARTAN WRAP**

**\$7.20 610 Cals**

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

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#### **AVOCADO TOAST**

**\$7.65 530 Cals**

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

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#### **CROISSANT SANDWICH**

**\$7.20 400 Cals**

Egg, ham, Swiss cheese and mixed greens.

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#### **BAGEL SANDWICH**

**\$6.85 410 Cals**

Egg, ham, cheddar cheese and pesto 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	\$3.75	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

**\$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	<b>\$3.40</b>	470 Cals
• With Jam	<b>\$3.40</b>	450 Cals
• With Cream Cheese	<b>\$4.90</b>	720 Cals

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# POPULAR LUNCH BOXES

\$19.05 PER LUNCH BOX | MINIMUM 8

*Create Yours*  
IN 3 EASY STEPS

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## STEP 1:

Select your favourite sandwich:

- |                    |                |
|--------------------|----------------|
| • WRAP             | 290 - 650 Cals |
| • CLASSIC          | 210 - 420 Cals |
| • PREMIUM SANDWICH | 430 - 660 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 |
| • DESSERT SQUARE (+\$2.60) | 220 - 420 Cals |

**ADD: BOTTLED WATER \$3.45 | 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 \$25.10 | 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	0 Cals
Pop Can	\$2.60	170 Cals
Substitute Assorted Cake Slices for Dessert	\$3.85	200-300 Cals

## PREMIUM SANDWICH MEALS \$27.35 | 655-1010 Cals

- 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

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# LUNCH PACKAGES

PRICES PER PERSON | MINIMUM 8

## HOT BOWL PACKAGE

\$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 Cals

- 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

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

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# LUNCH SANDWICHES

A selection of our artisanal sandwiches.

PRICES PER PERSON | MINIMUM 8

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## PREMIUM SANDWICHES

\$12.00

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### Firecracker Grilled Cheese

**660 Cals**

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

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### Chicken & Brie Sandwich

**650 Cals**

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

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### Fig & Goat Cheese Grilled Cheese

**770 Cals**

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

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### Reuben Sandwich

**500 Cals**

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

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### Kimchi Mushroom Grilled Cheese

**750 Cals**

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

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### Beyond Meat Burger

**650 Cals**

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

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### Cuban Sandwich

**430 Cals**

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

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### Mushroom Banh Mi

**630 Cals**

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

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

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## WRAPS

\$11.50

### Tandoori Chicken

**290 Cals**

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

### Chicken Avocado

**650 Cals**

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

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### Roasted Vegetable

**550 Cals**

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

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## 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.

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### 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.

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# SALADS

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

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

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## **Chef Salad**

**30 Cals**

Spring mix, seasonal vegetables and fresh parsley.

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## **Kale Chipotle Slaw Salad**

**120 Cals**

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

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## **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.

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## **Purple Grain Salad**

**230 Cals**

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

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## **Southwest Potato Salad**

**290 Cals**

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

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## **Springtime Salad**

**130 Cals**

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

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## **Tahini Salad**

**210 Cals**

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

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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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# 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, 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.

### Add-ons (Extra Charge):

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

## BUILD YOUR OWN SALAD \$12.95

### 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: (Extra Toppings \$0.90 Each)

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

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

- Cheddar 110 Cals
- Goat Cheese 40 Cals
- Feta 70 Cals
- Parmesan 60 Cals
- Avocado 160 Cals
- Bacon Bits 90 Cals
- Roasted Mushrooms 90 Cals

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

- Grilled Chicken \$7.40 80 Cals
- Boiled Egg \$1.45 70 Cals
- Salmon \$8.05 180 Cals

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

- Lemon Za'atar 170 Cals
- Tahini 150 Cals
- Balsamic 240 Cals

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# HOT BOWLS

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PRICES PER SINGLE ITEM | MINIMUM 8

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## 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.

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## 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.

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## 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.

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## BUTTER CHICKEN BOWL

\$21.80 960 Cals

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

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## FLATBREADS

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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

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### BUTTER CHICKEN

\$16.60 760 Cals

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

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### CHIPOTLE CHICKEN KALE

\$16.60 510 Cals

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

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### MUSHROOM SPEZIATA

\$16.60 710 Cals

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

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## PROTEIN ADD-ONS

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### CHICKEN STRIPS

\$3.95 80 Cals

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# 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.

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

**Yogurt Parfait**  
**\$6.05 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

## 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

## SQUARES

\$4.90 220 - 420 Cals

Brownies, date squares, Nanaimo bars, macaroon madness

## WHOLE CAKES

Available upon special request.

# 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.

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# BEVERAGES

## COLD BEVERAGES

	Price	Cals		Price	Cals
<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>COKE (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) Island Reserve (medium roast), Privateer (dark roast)	\$20.00	0	<b>PREMIUM TEA</b> Bold Breakfast, Earl Gray, Chai, Jasmine Mist, Tropical Green, Mint Verbena, Rouge Provence, Citron Calm	\$3.40	0
<b>COFFEE THERMOS 96OZ</b> (SERVES APPROX. 9 PEOPLE) Island Reserve (medium roast), Privateer (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**                      **COLOMBIAN LAS HERMOSAS**  
**(Dark Roast)**                      **(Medium Roast)**



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