



**CATERING MENU ORDER FORM**  
Please email your completed order to us

Order Information		Billing Information	
Order Date:	Delivery Date:	Company:	
Delivery Time:	Number of Guests:	Contact	
Delivery Instructions:		Address:	
		Phone:	
		Email:	
Payment Information		Delivery Information	
Credit		<input type="checkbox"/> Same as Above	
Cash		Company:	
On Account		Contact:	
CC Number		Address:	
Expiry Date		Phone:	
Card Holder Name		Email:	
Signature			

**\*ALL PRICES PER PERSON 8 PP MINIMUM**

	Description	Calories	Price	Quantity	Total	Notes
<b>Fresh Morning Starters</b>						
<b>Breakfast Sandwiches</b>						
English Muffin Sandwich	Egg, Tomato, Cheddar Cheese, Mayo	310	\$4.50			
Bagel Sandwich	Egg, Ham, Cheddar Cheese, Pesto Mayo	410	\$4.75			
Croissant Sandwich	Egg, Ham, Swiss Cheese, Mixed Greens	400	\$4.95			
Avocado Toast	Guacamole, Goat Cheese, Roasted Peppers, Sunflower Seeds, Romaine	530	\$4.95			
Tex Mex Wrap	Egg, Cheddar Cheese, Ham, Red Onion, Peppers, Salsa	590	\$4.95			
Spartan Wrap	Egg, Spinach, Roasted Red Peppers, Feta Cheese, Spinach, Pesto Mayo	610	\$4.95			
<b>Continental Platters</b>						
Assorted Pastries & Croissants	Butter Croissant	280	\$2.95			
	Almond Croissant	370				
	Chocolate Hazelnut Croissant	350				
	Cinnamon & Raisin Butter Brioche	300				
	Maple Pecan Danish	320				
	Chocolate Twist	270				
	Greek Yogurt Cherry Danish	350				
Assorted Muffins	Carrot Nut	430	\$2.50			
	Banana	460				
	Blueberry	430				
	Raisin Bran	430				
	Oatmeal Apple	430				
	Chocolate Chip	450				
Assorted Bagels with Butter & Jam	Sesame, Everything, Cheddar, Multigrain	450-470 Bagel	\$2.50			
Bagel with Premium Cream Cheese	Yuzu & Dill, Strawberry & Basil, and Spinach & Artichoke	310 Bagel	\$3.50			

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<b>Individual Meal Salads</b>						
<b>Sweet &amp; Beet Bowl</b>	Romaine, Mixed Greens, Beet Noodles, Sweet Potato, Goat Cheese, Sunflower Seeds, Sundried Tomato, Balsamic Vinaigrette	480	\$7.99			
<b>Rainbow Bowl</b>	Romaine, Mixed Greens, Cherry Tomato, Carrot Noodles, Red Cabbage, Cauliflower Rice, Broccoli, Wasabi, Green Goddess Dressing	400	\$9.49			
<b>Quinoa Bowl</b>	Kale, Spring Mix, Feta Cheese, Sweet Potato, Wasabi Peas, Quinoa, Beet Noodles, Green Goddess Dressing	510	\$7.99			
<b>Bistro Bowl</b>	Mixed Greens, Arugula, Carrot, Roasted Mushrooms, Kalamata Olives, Red Cabbage, Hemp Hearts, Goat Cheese, With Bistro Vinaigrette	470	\$9.49			
<b>Protein Power Bowl</b>	Mixed Greens, Kale, Quinoa, Edamame, Chickpeas, Sweet Potato, Zucchini Noodles	260	\$7.99			
<b>Nature's Candy Bowl</b>	Mixed Greens, Spinach, Chickpeas, Pomegranate Seeds, Cucumber, Green Apple, Chia Seeds, Goat Cheese, Raspberry Mojito Dressing	410	\$7.99			
<b>Group Salads (minimum 8 people)</b>						
<b>Chef Salad</b>	Mixed Greens, Carrots, Cucumber, Mixed Peppers, Mushrooms, Onion with Balsamic Dressing	25 150 gr	\$3.99			
<b>Chipotle Kale Salad</b>	Green and Red Cabbage, Carrots, Kale Mixed with Chipotle Mayo	140 100 gr	\$3.99			
<b>Sumac Salad</b>	Couscous, Legumes, Baby Spinach, Feta Cheese, Pomegranate Seeds, Spiced with Sumac and Creamy Cucumber Dressing	160 100 gr	\$3.99			
<b>Shanghai Noodle Salad</b>	Balsamic Ramen Noodles, Julienned Vegetables, Tofu with Madarine Tangerine Balsamic Dressing	180 100 gr	\$3.99			
<b>Purple Grain Salad</b>	Beets, Broccoli, Quinoa, Carrots, Red Onion, Diced Apple with Greek Dressing and Dijon Mustard	140 100 gr	\$3.99			
<b>Southwest Potato Salad</b>	Red Potatoes, Six Beans, With Pumpkin Seeds, Cilantro with Southwest Dressing	130 100 gr	\$3.99			
<b>Tahini Salad</b>	Roasted Sweet Potatoes and Legumes with Tahini Sundried Tomatoes	130 100 gr	\$3.99			
<b>Springtime Salad</b>	Broccoli, Cauliflower, Carrots, Zucchini Tossed with Balsamic Dressing and Topped with Sesame Seeds	100 150 gr	\$3.99			
<b>Greek Salad</b>	Tomatoes, Cucumbers, Red Onion, Kalamata Olives, Feta Cheese with Greek Salad Dressing	120 150 gr	\$3.99			
<b>Premium toppings</b>						
<b>Cheddar Cheese</b>		110/28 gr	\$1.29			
<b>Goat Cheese</b>		4 /14 gr	\$1.29			
<b>Feta Cheese</b>		70/28 gr	\$1.29			
<b>Shaved Parmesan Cheese</b>		60/14 gr	\$1.29			
<b>Avocado</b>		160/1 Half	\$1.29			
<b>Bacon Bits</b>		90/10 gr	\$1.29			
<b>Roasted Mushrooms</b>		90/30 gr	\$1.29			
<b>Add Protein</b>						
<b>Boiled Egg</b>		70/1 Egg	\$0.99			
<b>Black Bean Bites</b>		110/4 pcs	\$2.49			
<b>Soy Protein</b>		90/65 gr	\$2.49			
<b>Grilled Chicken Strips</b>		80/55 gr	\$2.49			
<b>Salmon</b>		180/1 pcs	\$3.99			



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	Description	Calories	Price	Quantity	Total	Notes
<b>Hot Meals</b>						
<b>Meat Lasagna</b>	Meat Lasagna In Tomato Sauce with Side Salad	330	\$11.99			
<b>Vegetarian Lasagna</b>	Vegetarian Lasagna In Cream Sauce with Side Salad	410	\$11.99			
<b>Roasted Cauliflower Steak</b>	Roasted Cauliflower Steak with Cumin Served with Tahini Dressing	560	\$11.99			
<b>Chicken Pot Pie</b>	Chicken and Vegetables In Pastry with a Side Salad	720	\$9.99			
<b>Quiche Lorraine</b>	Ham and Cheese And Egg with a Side Salad	430	\$11.99			
<b>Spinach Quiche</b>	Spinach, Cheese & Egg with a Side Salad	410	\$11.99			
<b>Herbed Salmon</b>	Poached Salmon Served with Herb Butter, Cauliflower Rice and Bok Choy	430	\$10.99			
<b>Chicken Fricassee</b>	Chicken Leg and Thigh Served with a Mushroom Cream Sauce, Green Beans & Sweet Potatoes	860	\$10.99			
<b>Small Soup</b>	Variety Changes Daily	70-180	\$4.99			
<b>Flat Breads</b>						
<b>Capicollo &amp; Ricotta</b>	Capicollo, Ricotta, Caramelized Onions, Spinach, Basil, Sun Blushed Tomato Sauce, Balsamic Glaze	480	\$10.99			
<b>Chipotle Chicken Kale</b>	Grilled Chicken, Green Peppers, Tomato, Mozzarella, Chipotle Sauce, Garlic Kale	510	\$10.99			
<b>Mushroom Speziato</b>	Mushrooms, Bocconcini, La Bomba Sauce , Garlic Pesto, Arugula, Balsamic Glaze	710	\$10.99			
<b>Protein Add-Ons</b>						
<b>Chicken strips</b>		80/55 gr	\$2.49			
<b>Soy strips</b>		90/65 gr	\$2.49			

**Additional Notes**

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<b>Healthy Bites - Platters (serve 8 people)</b>						
<b>Cheese &amp; Grapes</b>	Assorted Cheeses, Grapes, Strawberries and Crackers	300-400 100 g	\$42.00			
<b>Additional Per Person</b>			\$5.25			
<b>Fruit</b>	Assorted Seasonal Fruit	90/100 gr	\$36.00			
<b>Additional Per Person</b>			\$4.50			
<b>Vegetable</b>	Assorted Fresh Vegetables	70/100 gr	\$34.00			
<b>Additional Per Person</b>			\$4.25			
<b>Healthy Bites - Individual Portions</b>						
<b>Yogurt parfait</b>	Vanilla Yogurt, Mixed Berries, Granola	230-240	\$4.00			
<b>Whole Fruit</b>	Banana, Apple, Orange	70-90	\$1.30			
<b>Chia Dahlia Pudding</b>	Vegan Pudding Made with Cracked Wheat, Chia Seeds and Fresh Bananas Topped with Toasted Coconut and Raisins	290	\$3.99			
<b>Desserts</b>						
<b>Dessert Loaves</b>	Banana, Carrot Pineapple, Lemon Poppyseed, Marble	230-340	\$3.00			
<b>Small Cookies</b>	Choc Chip, Double Choc, White Chocolate	180-200 42 gr	\$1.25			
<b>Large Cookies</b>	Oatmeal Raisin, Red Velvet, Chocolate Chip	180-200 42 gr	\$3.00			
<b>Squares</b>	Brownies, Date Squares, Nanaimo, Macaroon Madness	220-420	\$3.00			
<b>Gluten Free Desserts</b>	Brownies, Chocolate Dipped Macaroons	220-580	\$4.00			
<b>Beverages</b>						
<b>La Prep Spring Water</b>		0	\$2.00			
<b>Badoit Mineral Water</b>		0	\$2.55			
<b>Fresh Orange Juice</b>		110-190	\$4.99			
<b>Vitamin Water</b>	Restore, Zero, Focus	0-130	\$3.50			
<b>Milk (473 MI)</b>		260	\$2.75			
<b>Chocolate Milk (473 MI)</b>		440	\$2.75			
<b>Minute Maid Juice (Canned)</b>	Apple, Orange, Cranberry	160-170	\$2.35			
<b>Minute Maid Juice (Bottle)</b>	Apple, Orange	210-220	\$2.95			
<b>Assorted Pop (Can)</b>	Coke, Diet Coke, Sprite, Gingerale	0-160	\$1.75			
<b>Assorted Pop (Bottle)</b>	Coke, Diet Coke, Ice Tea	0-200	\$2.59			
<b>Hot Beverages</b>						
<b>Coffee Thermos 64 oz (6 people approximately)</b>	Island Reserve (Medium Roast), Privateer (Dark Roast)	0	\$16.00			
<b>Coffee Thermos 96 oz (8 - 10 people approximately)</b>	Island Reserve (Medium Roast), Privateer (Dark Roast)	0	\$20.00			
<b>Premium Tea</b>	Bold Breakfast, Earl Gray, Chai, Jasmine Mist, Tropical Green, Mint Verbena, Rouge Provence, Citron Calm	0	\$2.35			

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Payment Information		Delivery Information	
<input type="checkbox"/> Credit		<input type="checkbox"/> Same as above	
<input type="checkbox"/> Cash		Company:	
<input type="checkbox"/> On Account		Contact:	
CC Number		Address:	
Expiry Date		Phone:	
Card Holder Name		Email:	
Signature			
<b>Build Your Own Salad (Starting at \$7.99)</b>			
Step 1 - Choose Your Base			
Mixed Greens/Kale 20 Cals/60 gr	Mixed Greens/Romaine 10 Cals/60 gr	Mixed Greens/Spinach 20 Cals/90 gr	Mixed Greens/Arugula 10 Cals/60 gr
Step 2 - Pick 5 Toppings			
Beet Noodles 10 Cals/30 gr	Carrot Noodles 10 Cals/30 gr	Zucchini Noodles 10 Cals/30 gr	Quinoa 70 Cals/56 gr
Cauliflower Rice 40 Cals/56 gr	Edamame 30 Cals/30 gr	Chickpeas 80 Cals/56 gr	Mixed Peppers 10 Cals/30 gr
Sweet Potato 40 Cals/56 gr	Cherry Tomatoes 10 Cals/30 gr	Broccoli 10 Cals/30 gr	Red Cabbage 10 Cals/30 gr
Cucumber 10 Cals/30 gr	Red Onion 10 Cals/10 gr	Roasted Corn 20 Cals/20 gr	Olives 20 Cals/20 gr
Mandarin Oranges 10 Cals/20 gr	Pomegranate Seeds 10 Cals/10 gr	Green Apple 10 Cals/10 gr	Chia Seeds 50 Cals/10 gr
Flax Seeds 50 Cals/10 gr	Hemp Hearts 60 Cals/10 gr	Sunflower Seeds 60 Cals/10 gr	Wasabi Peas 90 Cals/10 gr
Sesame Seeds 60 Cals/10 gr			
Step 3 - Premium Toppings \$1.29			
Cheddar Cheese 110 Cals/28 gr	Goat Cheese 40 Cals/14 gr	Feta Cheese 70 Cals/28 gr	Shaved Parmesan 60 Cals/14 gr
Avocado 160 Cals/1 Half	Bacon Bits 90 Cals/10 gr	Roasted Mushrooms 90 Cals/30 gr	
Step 4 - Add Protein			
Egg 70 Cals/1 Egg \$0.99	Black Bean Bites 110 Cals/3 Pcs \$2.49	Soy Protein 90 Cals/65 gr \$2.49	
Chicken Strips 80 Cals/55 gr \$2.49	Salmon 180 Cals/1 pc \$3.99		
Step 5 - Add dressing			
Balsamic 240 Cals/40 ml	Raspberry Mojito 260 Cals/40 ml	Green Goddess 210 Cals/40 ml	Bistro 250 Cals/40 ml
Tahini 150 Cals/40 ml	Ranch		

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Payment Information	Delivery Information
Credit	
Cash	
On Account	
CC Number	
Expiry Date	
Card Holder Name	
Signature	

Impulse	Calories	Price			
Gf Brownie		\$3.49			
Gf Macaroon		\$3.49			
Kind Par		\$2.99			
La Prep Mints		\$1.99			
Terra Chips		\$1.99			
Kettle Chips		\$1.99			
5 Almond Mix		\$4.49			
Chocolate Melange		\$3.99			
Energy Mix		\$3.99			
Lounge Mix		\$3.99			
Wafer		\$1.49			
Vincenzi		\$6.99			
Pesto Olive Oil		\$3.99			
Rainbow Belt Candy		\$5.99			
Sour Keys Candy		\$5.99			
Sweet & Sour		\$5.99			
Oatmeal		\$3.99			
La Bomba		\$7.99			
Allessia Extra Virgin Olive Oil		\$10.99			
Allessia Balsamic Vinegar		\$12.99			
Sicity Olive Oil		\$16.99			
Sundried Tomatoes		\$4.49			
Baci Chocolate		\$6.99			

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