







Fresh morning starters

ALL PRICES PER PERSON. MINIMUM ORDER 8 PERSONS.



Breakfast sandwiches

Pick and choose

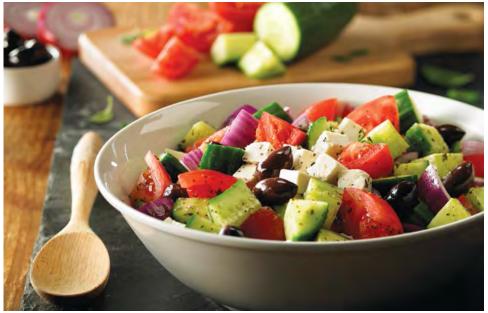
. \$4.45	croissants
	A selection
\$3.95	baked mu
\$3.95	Assor
\$4.45	Toasted o Served wit
. \$4.45	Served wit
	\$3.95 \$3.95 \$4.45

Continental platters

A selection of freshly baked pastries, croissants and scones	. \$2.60
A selection of freshly baked muffins	. \$2.00
Assorted bagels	
Toasted or plain Served with butter & jam	. \$2.20
Served with cream cheese	. \$3.20

Breakfast combos





Scrumptions lunches

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Sandwich platters

Assorted pita sandwiches \$6.65 Chipotle chicken, smoked salmon, chicken & brie, grilled vegetables, roast beef & mushrooms, etc.

Assorted classic sandwiches..... \$6.25 Tuna salad, ham & Swiss cheese, turkey & prosciutto, egg salad, etc.

Assorted wraps \$5.75 Chicken avocado, Mediterranean, chicken Caesar, California shrimp, etc.

Assorted panini sandwiches.....\$5.90 Grilled chicken bacon, ham & brie, turkey & basil, chicken grilled vegetables, Genoa salami bocconcini, etc.

Sandwich selections subject to availability - check with us for complete list of varieties.

Hot meals

Soup of the day.. \$3.00 Assorted guiches\$5.40 Lorraine, broccoli or spinach Assorted pot pies\$5.40 Chicken, salmon or spinach ..\$7.95 Lasagna Veggie or meat

Meal salads

Add to your order

With grilled chicken: Caesar, Fruit Melody,



Lunch boxesGreat for small groups under 8

Each individual lunch box includes choice of sandwich, 1 side salad or soup & dessert (choice of cookie, muffin, yogurt or fruit).....

See order guide for details

Punch. cambot Served on platters

Served on platters	
Panini or wraps with fresh veggies & dip & drinks	\$10.95
Classic or pita sandwiches with fresh veggies & dip & drinks	\$11.60
Panini or wraps with fresh fruit & cheese & drinks	\$11.90
Classic or pita sandwiches with fresh fruit & cheese & drinks	\$12.55
Panini or wraps with 1 side salad & drinks	\$9.95
Classic or pita sandwiches with 1 side salad & drinks	\$10.60







Finishing touches

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Platters to complement Desserts

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Fresh fruit platter	\$4.00
Cheese platter	\$4.95
Veggies & dip	\$4.00

Signature squares & sweet breads\$	2.50
Gourmet cakes & tarts\$	3.95
Freshly-baked cookies (Sm)\$	1.00
Freshly-baked cookies (Lg)\$	2.05

Add to your order

Yogurt parfait	\$3.80
Trail bar	\$2.50
Fresh fruit cup	\$4.00
Pita chips	\$1.75
Whole fruit	\$1.25

Beverages

Brewed coffee Thermos - approximately 6 cups\$12/therm	nos
Premium tea 12 oz. each\$2/per	son
Spring water, Perrier, V-8, assorted juices & soft drinks*	

*See order guide for prices

Ordering information

Minimum order 8 persons for any item unless specified.

To ensure product quality and full selection we recommend ordering a minimum of 24 hours in advance.

Delivery is available to certain destinations only.

Disposable plates, cutlery, serving tongs and napkins are available upon request.

We can accommodate any number of individuals. Let us know the number of people you wish to serve.

A 50% charge is applicable on any order cancelled the same day.

Download our order form at: laprep.com/catering

La Prep

York Lanes (York University)

Phone: 416-650-0191

Email: topjenny@hotmail.com, yorku@laprep.com

Address of la prep location

