



Catering

Breakfast meetings | Working lunches | Coffee breaks | Office receptions





Fresh morning starters

ALL PRICES PER PERSON. MINIMUM ORDER 8 PERSONS.



Breakfast sandwiches

Pick and choose

Croissant	\$4.45
<i>1 egg, Swiss cheese, ham & arugula</i>	
Bagel	\$3.95
<i>1 egg, cheddar cheese, ham & pesto mayo</i>	
English muffin	\$3.95
<i>1 egg, cheddar cheese, tomato & mayo</i>	
Panini	\$4.45
<i>2 eggs, cheddar cheese, bacon & pesto mayo</i>	
Avocado BLT	\$4.45
<i>Fresh avocado, bacon, tomato, seasonal greens & mayo</i>	

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	
<i>Served with butter & jam</i>	\$2.20
<i>Served with cream cheese</i>	\$3.20

Breakfast combos

All served with whole fresh fruit or yogurt, juice and coffee/tea

Bagel or English muffin sandwiches	\$7.95
Panini, croissant or avocado BLT sandwiches	\$8.45
Freshly baked croissants, muffins or scones	\$6.95
Bagels and cream cheese	\$7.45



Scrumptious lunches

ALL PRICES PER PERSON. MINIMUM ORDER 8 PERSONS.

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.

Meal salads

Add to your order

With grilled chicken: Caesar, Fruit Melody, Mai Thai\$9.00

Add
a side salad
for the group
\$3/person
\$24 minimum

Hot meals

Soup of the day\$3.00

Assorted quiches\$5.40
Lorraine, broccoli or spinach

Assorted pot pies\$5.40
Chicken, salmon or spinach

Lasagna\$7.95
Veggie or meat



Lunch boxes

Great 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)\$11.00

See order guide for details

Lunch combos

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

ALL PRICES PER PERSON. MINIMUM ORDER 8 PERSONS.

Platters to complement

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

Desserts

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

À la carte items

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/thermos

Premium tea

12 oz. each.....\$2/person

Spring water, Perrier, V-8, assorted juices
& soft drinks*

*See order guide for prices

Sal

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

