

CATERING MENU

Order online:
laprep.com



Find Your Balance®

BUSINESS BREAKFAST • OFFICE LUNCHEONS • RECEPTIONS • COFFEE BREAKS





At La Prep, we pride ourselves on the use of premium fresh ingredients to create a dazzling array of delicious menu items in our kitchens daily. Our fresh food offerings are designed to fit the balanced health-oriented lifestyles of our clientele. Our daily food selections extend from healthy low-calorie salads to the tastiest and delightfully sinful desserts on your cheat days! Whatever your nutrition goals may be, you can be assured that La Prep has fresh and tasty meal and/or snack selections for every appetite!

Perfect for meetings, office luncheons and coffee breaks our catering services will nourish your every need. Providing buffet style lunches served on platters or individual lunch boxes with pre-selected items; La Prep offers it all!

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FOR Breakfast

Breakfast is the most important part of the day. Get your meeting off to a bright start with a delicious platter of breakfast sandwiches or freshly baked pastries.

SANDWICH PLATTERS

CROISSANT SANDWICH

\$4.95

BAGEL SANDWICH

\$4.75

ENGLISH MUFFIN SANDWICH

\$4.50

AVOCADO TOAST

\$4.95

TEX MEX WRAP

\$4.95

SPARTAN WRAP

\$4.95

BAGEL CC

\$3.50

BAGEL

\$2.50

CONTINENTAL PLATTERS

CROISSANT

\$2.95

Plain, chocolate or almond.

FRESH BAKED MUFFIN

\$2.50

Banana, blueberry, chocolate chip, cranberry-orange or carrot & nut.

DESSERT LOAF

\$3.00

Banana, poppy seed, pineapple carrot, raspberry cream cheese, chocolate marble.

COOKIES

SM \$1.25 LG \$2.65

Chocolate chip, white chocolate & cranberry, double chocolate & giant oatmeal cookie.

SIGNATURE PASTRIES

\$2.95

Cinnamon bun, cinnamon raisin bun, maple pecan plait, raspberry crown, apple turnover or vanilla crown.



FOR *Lunch*

BUILD YOUR OWN SANDWICH PLATTER

You can't go wrong by requesting a platter of our favorite sandwiches. Always available, these are our most popular varieties with something to please everyone!

WRAPS

- Chick Pea Wrap - \$6.99
- Tandoori Chicken Wrap - \$6.99
- Roasted Vegetable Wrap - \$6.99
- Chicken Avocado Wrap - \$6.99

PREMIUM SANDWICHES

- Mushroom Banh Mi - \$8.49
- Apple & Brie Sandwich - \$8.49
- Chicken & Brie Sandwich - \$8.49
- Chilli Balsamic Chicken - \$8.49
- Cuban Sandwich - \$8.49
- Reuben Sandwich - \$8.49

CLASSIC SANDWICHES

- Tuna Salad - \$5.99
- Ham & Swiss - \$6.99
- Chicken Salad - \$5.99
- Avocado & Cream Cheese - \$6.99
- Egg Salad - \$5.99

**Gluten-Free Panini bread
available for \$1.00**

We will make every effort to have all sandwiches on hand but selections are subject to availability.

GROUP SALADS (Minimum - 8 PEOPLE)

Fresh salads to accompany your gourmet sandwiches. Select from one of our signature salads listed below or ask us about our other available options. Salad bowls are priced for 8 people - \$3.99 for each additional person.

GREEN SALADS

Garden Salad – \$3.99

Chipotle Kale – \$3.99

GRAIN SALADS

Sumac Salad – \$3.99

Couscous, legumes & baby spinach salad spiced with sumac

Shanghai Noodle Salad – \$3.99

Julienne of veggies & tofu over Miso tangerine balsamic ramen noodle

Purple Grain Salad – \$3.99

VEGETABLE SALADS

Southwest potato – \$3.99

South west Six bean potato salad with pumpkin seeds and fresh cilantro

Tahini Salad – \$3.99

Roasted sweet potato & legumes tahini sundried tomato salad

Spring Time Salad – \$3.99

Quinoa Salad – \$3.99

PROTEIN PACKS – \$6.99

1- Genoa salami, marble cheese & wasabi pea protein pack

2- Chicken, hard boiled egg & edamame protein pack

3- Hard boiled egg & marble cheese with sunflower seeds protein pack





INDIVIDUAL MEAL SALADS

Salads for one, as a full meal!

SIGNATURE SALADS

Sweet & Beet Bowl – \$7.99
Rainbow Bowl – \$9.49
Quinoa Bowl – \$7.99

Protein Power Bowl – \$7.99
Nature's Candy Bowl – \$7.99
Bistro Bowl – \$9.49

BUILD YOUR OWN SALAD \$7.49

1. PICK YOUR BASE:

- Kale/Mix Greens
- Spinach/Mix Greens
- Roamine/Mix Greens
- Arugula/Mix Greens

2. PICK YOUR 5 TOPPINGS:

- Beet Noodles
- Carrot Noodles
- Zucchini Noodles
- Quinoa
- Cauliflower Rice
- Edamame
- Chickpeas
- Mixed Peppers
- Sweet Potato
- Cherry Tomato
- Broccoli Slaw
- Red Cabbage
- Cucumber
- Red Onion
- Corn
- Olives
- Mandarins
- Pomegranate
- Apple
- Chia Seeds
- Flax Seeds
- Sunflower Seeds
- Hemp Hearts
- Wasabi Peas
- Sesame Seeds

3. PICK YOUR PREMIUM TOPPINGS: (\$1.29 Each)

- Cheddar
- Goat Cheese
- Feta
- Parmesan
- Boconcini
- Avocado
- Bacon Bits
- Roasted Mushrooms

4. ADD YOUR PROTEIN: (Extra Charge)

- Black Beans Bites \$2.49
- Soy Protein \$2.49
- Grilled Chicken \$2.49
- Boiled Egg \$0.99
- Salmon \$3.99

5. TOP IT OFF WITH OUR SIGNATURE DRESSINGS*:

- Balsamic Dressing
- Bistro Dressing
- Poke Sauce
- Tahini Dressing
- Raspberry Mojito
- Green Goddess Dressing

* All of our dressings are vegan.



HOT MEALS

Prices per single items.

LASAGNA - \$11.99
With side salad

CAULIFLOWER STEAK - \$11.99

POT PIE - \$9.99
With side salad

QUICHE - \$11.99
With side salad

HERBED SALAMON - \$10.99

CHICKEN FRICASSEE - \$10.99

SMALL SOUP - \$4.99

LARGE SOUP - \$6.99



LUNCH BOXES - \$13

The lunch box keeps things simple by providing every guest with their own individualized lunch. Simply select a sandwich, side soup or salad and a dessert. Great for accommodating guests with special dietary requirements and avoiding buffet line-ups.

AS EASY AS 1-2-3!

STEP 1:

Select your favourite sandwich:

- WRAPS
- CLASSIC SANDWICH
- PREMIUM SANDWICH

STEP 2:

Pick one side salad from one of our daily fresh selections, or a small soup. Add a second side salad for \$3.99 extra.

- GARDEN SALAD
- GREEK SALAD
- SOUTHWEST POTATO

STEP 3:

Pick one side salad from one of our daily fresh selections, or a small soup. Choose your dessert from one of the following:

- WHOLE FRUIT
- FRESHLY BAKED COOKIES
- DESSERT SQUARES (\$1 Extra)

ADD A BOTTLED WATER OR POP CAN

\$1.50



HEALTHY BITES PLATTERS

Enhance your meeting or reception with the added selections of a cheese platter, fruit platter and/or vegetable platter.

(Serves 8 people)

CHEESE & GRAPES PLATTER \$42

\$5.25 for each additional person

Brie, Canadian cheddar, Bocconcini cheese, Swiss and lightly smoked Austrian gruyere cheese served with grapes and assorted crackers.

(Serves 8 people)

FRESH FRUIT PLATTER \$36

\$4.50 for each additional person

Seasonal fresh fruits , such as pineapple, melons, strawberries, grapes and oranges.

(Serves 8 people)

FRESH VEGETABLE PLATTER \$34

\$4.25 for each additional person

Seasonal fresh vegetables, such as peppers, celery, cucumber, broccoli, tomatoes and carrots with dip.

INDIVIDUAL HEALTHY BITES

WHOLE FRUIT - \$1.30

Apple, orange & banana.
(Selections subject to availability.)

YOGURT PARFAIT - \$4.00

With yogurt, granola and fresh berries.

CHIA DAHLIA PUDDING - \$3.99

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

SNACKS (Single Servings)

FRESH BAKED MUFFINS \$2.50

Banana, Blueberry, Chocolate Chip, Cranberry, Carrot and nut.

COOKIES SM \$1.25 LG \$2.65

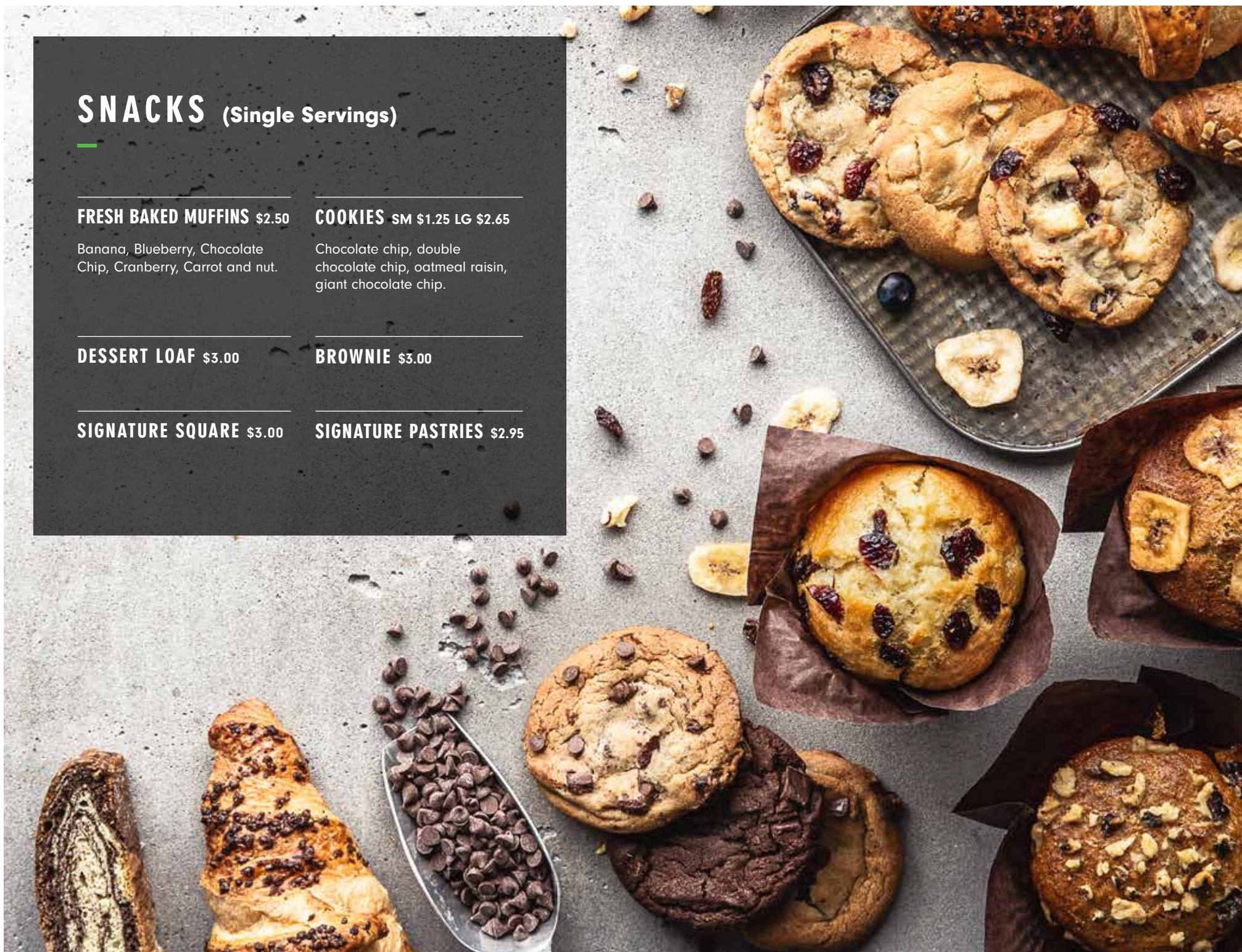
Chocolate chip, double chocolate chip, oatmeal raisin, giant chocolate chip.

DESSERT LOAF \$3.00

BROWNIE \$3.00

SIGNATURE SQUARE \$3.00

SIGNATURE PASTRIES \$2.95



BEVERAGES

COLD BEVERAGES

LA PREP WATER	\$2.00	FRESHLY	
PERRIER	\$2.55	SQUEEZED JUICE	\$4.99
VITAMIN WATER	\$3.50	MINUTE MAID JUICE CAN	\$2.35
MILK 500ML	\$2.75	Orange or apple.	
CHOCOLATE MILK 500ML	\$2.75	MINUTE MAID JUICE BOTTLE	\$2.95
		Orange or apple.	

SOFT DRINKS

COCA COLA CAN	\$1.75	COKE (BOTTLE)	\$2.75
DIET COKE CAN	\$1.75	DIET COKE (BOTTLE)	\$2.75
ROOT BEER CAN	\$1.75	ICED TEA (BOTTLE)	\$2.75
SPRITE CAN	\$1.75		

HOT BEVERAGES

COFFEE THERMOS 64OZ	\$16	PREMIUM TEA	\$2.35
(SERVES APPROX. 6 PEOPLE)		Bold breakfast, early gray	
		classic, masala chai classic,	
COFFEE THERMOS 94OZ	\$20	jasmine mist, tropical green,	
(SERVES APPROX. 9 PEOPLE)		mint verbena, rouge Provence,	
		citron calm.	

PREMIUM FRESHLY BREWED COFFEE

To ensure that our coffee follows the same rigours and standards that we impose on our fresh food promise, our coffee is 100% Rainforest Alliance Certified™. Thereby encouraging sustainable farming practices, socially responsible labour practices whilst protecting the environment. In addition, all of our coffee cups are compostable in municipal and commercial composting facilities.

Privateer	Island Reserve/ La Prep House Coffee
(Dark Roast)	(Medium Roast)





CATERING INFORMATION

- Minimum order of 8 people.
- To ensure product quality & full selection we recommend ordering 24 hours in advance.
- To complete your order and view pricing, please fill out the order form* and submit to the restaurant of your choice.
- Please contact the restaurant directly to determine if your order is eligible for delivery. * Please note that delivery charges may apply at the sole discretion of the servicing La Prep location.
- Disposable plates, cutlery, serving tongs, & napkins are available upon request. We can accommodate any number of individuals.
- A 100% charge is applicable on any order cancelled 24 hours before scheduled delivery or pick-up.
- A 50% charge is applicable on any order cancelled 48 hours before scheduled delivery or pick-up.
- Prices are subject to change without notice.

* Order forms are available in all of our store locations; they can also be printed from our website and emailed to the location of your choice. Please note that we also offer an e-catering service where all orders can be placed and paid for directly online.

E-CATERING

To order online, visit www.laprep.com and direct towards the locations tab to select the La Prep closest to your shipping address. Click on the e-Catering link on the selected location page and place your order. Upon completing the process, simply checkout with your credit card and your order will be confirmed within a 24-hour period.

Please note that we require a 24hr notice for all catering orders to ensure that we can offer all the products listed. For orders placed less than 24hrs in advance, we request that you call the store location directly to place your order.

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