

CATERING MENU

Order online:
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

ASSORTED PASTRIES + FRUIT CUP + COFFEE **430-580 Cals**

- Add-ons:**
Yogurt Parfait with Berries 400 Cals
Substitute Fresh Orange Juice for Coffee 110 Cals

SANDWICH PACKAGE

ASSORTED SANDWICHES + FRUIT CUP + COFFEE **430-820 Cals**

- Add-ons:**
Assorted Pastries 270-370 Cals
Yogurt Parfait with Berries 400 Cals
Substitute Fresh Orange Juice for Coffee 110 Cals

COFFEE BREAK PACKAGE

PREMIUM COFFEE BLENDS + 2 COOKIES OR 1 PASTRY **180-360 Cals**

- Add-ons:**
Seasonal Fruit Cup 160-210 Cals

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

Start your day right. Order from our selection of gourmet sandwiches.

PRICES PER PERSON | MINIMUM 8

Find your Sandwich

ENGLISH MUFFIN SANDWICH 300 Cals

Egg, tomatoes, cheddar cheese and mayo.

SPARTAN WRAP 610 Cals

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

BAGEL SANDWICH 410 Cals

Egg, ham, cheddar cheese and pesto mayo.

AVOCADO TOAST 530 Cals

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

CROISSANT SANDWICH 400 Cals

Egg, ham, Swiss cheese and mixed greens.

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	280 Cals
• Almond Croissant	370 Cals
• Maple-Pecan Danish	320 Cals
• Hazelnut-Cocoa Croissant	350 Cals
• Cinnamon & Raisin Butter Brioche	300 Cals
• Greek Yogurt-Cherry Danish	350 Cals
• Raspberry-Chocolate Scone	560 Cals
• Blueberry Scone	360 Cals

ASSORTED MUFFINS

• 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	470 Cals
• With Jam	450 Cals
• With Cream Cheese	720 Cals

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POPULAR LUNCH BOXES

PRICES PER LUNCH BOX | MINIMUM 8

Create Yours
IN 3 EASY STEPS

STEP 1:

Select your favourite sandwich:

- **WRAP** 290 - 650 Cals
- **CLASSIC** 210 - 420 Cals
- **PREMIUM SANDWICH** 430 - 660 Cals

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

STEP 3:

Choose your dessert from one of the following:

- **WHOLE FRUIT** 70 - 90 Cals
- **FRESHLY-BAKED COOKIE** 180 - 200 Cals
- **DESSERT SQUARE (+\$)** 220 - 420 Cals

ADD: BOTTLED WATER | POP CAN

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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

| 655-1010 Cals

- Assorted Classic Sandwiches and Wraps
- Choice of 2 Salads
- Choice of Cookies or Fresh Fruit Cup

Add-ons:

Bottled Water	0 Cals
Pop Can	170 Cals
Substitute Assorted Cake Slices for Dessert	200-300 Cals

PREMIUM SANDWICH MEALS

| 655-1010 Cals

- Assorted Premium Sandwiches
- Choice of 2 Salads
- Choice of Cookies or Fresh Fruit Cup

Add-ons:

Bottled Water	0 Cals
Pop Can	170 Cals
Substitute Assorted Cake Slices for Dessert	200-300 Cals

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LUNCH PACKAGES

PRICES PER PERSON | MINIMUM 8

HOT BOWL PACKAGE

| 1140-1360 Cals

- Choose any 1 of our Hot Bowls
- Assorted Cookies (2 per person)

Add-ons:

Bottled Water
Pop Can

0 Cals
170 Cals

FLATBREAD PACKAGE

| 510-890 Cals

- Choose any 1 of our Flatbreads
- Your choice of 1 Side Salad

Add-ons:

Bottled Water
Pop Can

0 Cals
170 Cals

COFFEE BREAK PACKAGE

| 360-400 Cals

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

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A top-down photograph of four artisanal sandwiches, two on top and two on bottom, arranged on a black and white geometric patterned paper liner. The sandwiches are cut in half, revealing fillings of meats, cheeses, and vegetables. The bread is golden-brown and appears to be a focaccia or ciabatta style. The background is a light-colored, textured surface.

LUNCH SANDWICHES

A selection of our artisanal sandwiches.

PRICES PER PERSON | MINIMUM 8

PREMIUM SANDWICHES

Firecracker Grilled Cheese 660 Cals

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

Fig & Goat Cheese Grilled Cheese 770 Cals

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

Kimchi Mushroom Grilled Cheese 750 Cals

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

Cuban Sandwich 430 Cals

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

Chicken & Brie Sandwich 650 Cals

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

Reuben Sandwich 500 Cals

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

Beyond Meat Burger 650 Cals

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

Mushroom Banh Mi 630 Cals

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

Gluten-Free Panini Bread available for an additional cost

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WRAPS

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.

Roasted Vegetable

550 Cals

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

CLASSIC SANDWICHES

Tuna Salad 270 Cals |

Tuna, red peppers, green onion, mayo, lettuce and tomatoes.

Egg Salad 210 Cals |

Egg, red peppers, green onion, mayo, lettuce and tomatoes.

Chicken Salad 320 Cals |

Diced chicken, red onion, celery, mayo, lettuce and tomatoes.

Ham & Swiss 420 Cals |

Ham, Swiss cheese, tomatoes, lettuce and Dijonnaise.

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SALADS

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

PRICES PER PERSON | MINIMUM 8

Chef Salad

30 Cals

Spring mix, seasonal vegetables and fresh parsley.

Kale Chipotle Slaw Salad

120 Cals

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

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.

Purple Grain Salad

230 Cals

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

Southwest Potato Salad

290 Cals

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

Springtime Salad

130 Cals

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

Tahini Salad

210 Cals

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

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

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	70 Cals
Grilled Chicken	400 Cals
Salmon	110 Cals

BUILD YOUR OWN SALAD

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 Additional Cost)

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

3. PICK YOUR PREMIUM TOPPINGS: (Extra Charge)

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

4. ADD YOUR PROTEIN: (Extra Charge)

- | | |
|---------------------------|-------------------|
| • Grilled Chicken 80 Cals | • Salmon 180 Cals |
| • Boiled Egg 70 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

PRICES PER SINGLE ITEM | MINIMUM 8

ASIAN BBQ SALMON

780 Cals

Garlic rice, kale, edamame, tomatoes, roasted red peppers, roasted onion, chopped romaine, red cabbage and Asian BBQ sauce.

MANGO COCONUT CHICKEN

920 Cals

Garlic rice, chicken, charred broccoli, roasted red peppers, bok choy, pineapple salsa, Thai basil, mango coconut sauce, peanuts and roasted eggplant.

MEDITERRANEAN CHICKEN

950 Cals

Chicken, couscous, chickpeas, iceberg, tomatoes, cucumber, roasted red and green peppers, olives, caramelized onion, beets, chilli oil, roasted zucchini, aioli and feta.

BUTTER CHICKEN BOWL

960 Cals

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

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FLATBREADS

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

BUTTER CHICKEN

760 Cals

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

CHIPOTLE CHICKEN KALE

510 Cals

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

MUSHROOM SPEZIATA

710 Cals

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

PROTEIN ADD-ONS

CHICKEN STRIPS

80 Cals

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HEALTHY BITES

Enhance your gatherings with our platters.

PRICE PER PERSON | MINIMUM 8

Cheese & Grape Platter
300 - 400 Cals / 100 g
Assorted cheeses, grapes,
strawberries and crackers.

Whole Fruits
70 -90 Cals
Banana, apple, orange
(Selections subject to availability.)

Fresh Vegetable Platter
70 Cals / 100 g
Assorted fresh vegetables.

Fresh Fruit Platter
90 Cals / 100 g
Assorted seasonal fruits.

Yogurt Parfait
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

230 - 340 Cals

Banana, carrot-pineapple, lemon-poppy seed, marble

COOKIES (small)

180 - 200 Cals

Chocolate chip, double chocolate, white chocolate

COOKIES (large)

Chocolate Chip 360 Cals
Salted Caramel 350 Cals

SQUARES

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

270-400 Cals

An assortment of cupcakes and tarts.

GOURMET CAKE PACKAGE

270-400 Cals

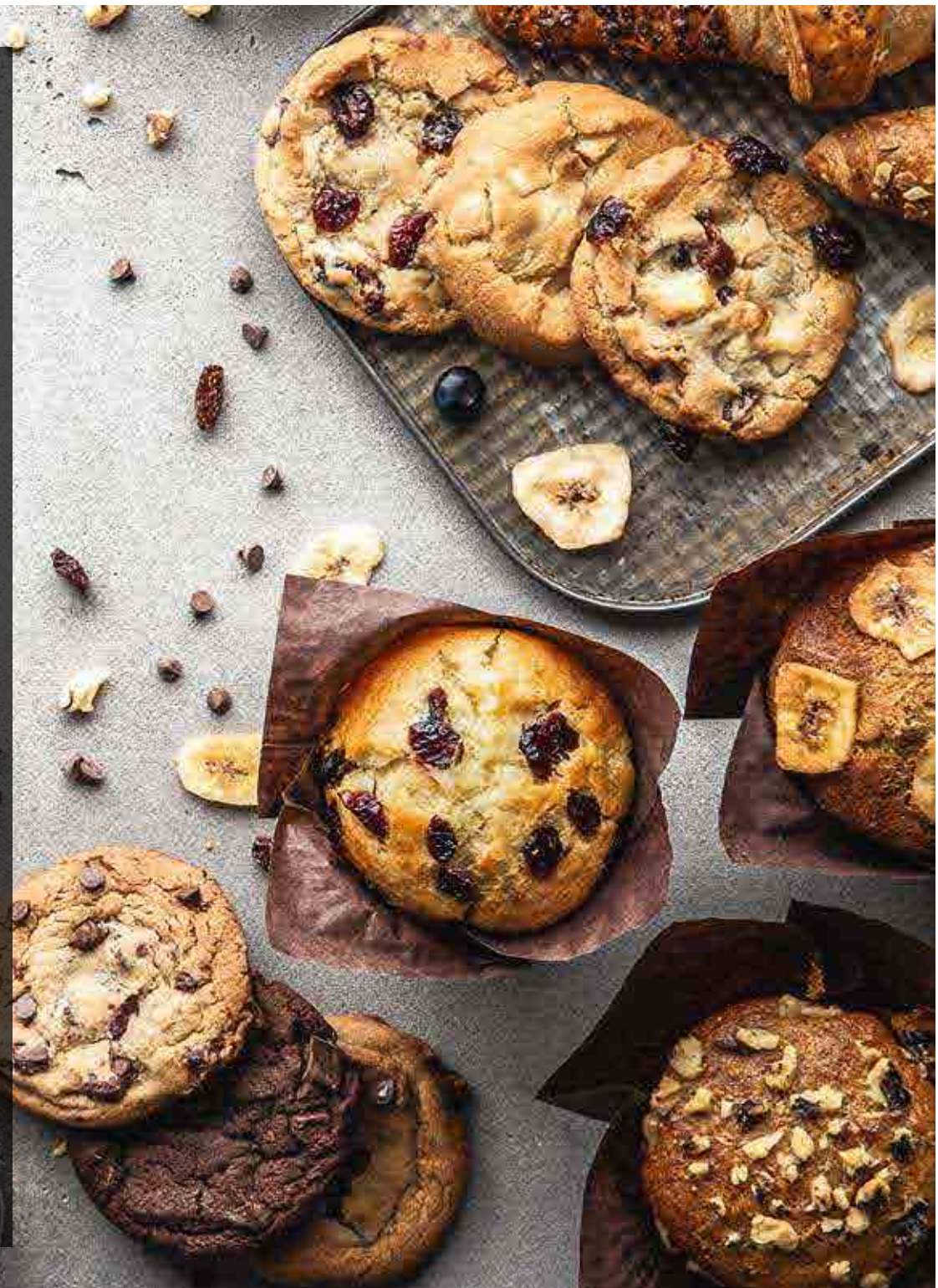
An assortment of gourmet cakes and cheesecakes.

SCONE, SQUARE & LOAVE PACKAGE

230-360 Cals

An assortment of loaves, squares and scones.

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BEVERAGES

COLD BEVERAGES

	Cals		Cals
WATER	0	MILK 473ML	260
PERRIER	0	CHOCOLATE MILK 473ML	440
SMART WATER	0	FRESH-SQUEEZED REGULAR	110-190
VITAMIN WATER	0-130	FRESH-SQUEEZED PREMIUM	210-220
		SIMPLY JUICE	210-220

SOFT DRINKS

	Cals		Cals
COKE (CAN)	140	COKE (BOTTLE)	240
DIET COKE (CAN)	0	DIET COKE (BOTTLE)	0
GINGER ALE (CAN)	140	ICED TEA (BOTTLE)	160
SPRITE (CAN)	140		

HOT BEVERAGES

	Cals		Cals
COFFEE THERMOS 64OZ (SERVES APPROX. 6 PEOPLE) Island Reserve (medium roast), Privateer (dark roast)	0	PREMIUM TEA Bold Breakfast, Earl Gray, Chai, Jasmine Mist, Tropical Green, Mint Verbena, Rouge Provence, Citron Calm	0
COFFEE THERMOS 96OZ (SERVES APPROX. 9 PEOPLE) Island Reserve (medium roast), Privateer (dark roast)	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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