ABOUT La Prep

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!
FOR lunch

BUILD YOUR OWN PLATTER
All sandwiches are $7.95 ea

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!

**PITA**
- Chipotle Chicken 410cal
- Smoked Salmon 440cal
- Grilled Chicken & Brie 400cal
- Grilled Vegetables 420cal
- Roast Beef & Sautéed Mushrooms 540cal

**WRAPS**
- Chicken Avocado 450cal
- Mediterranean 490cal
- Turkey Avocado 490cal
- Chicken Caesar 530cal
- Californian Shrimp 640cal
- Chicken Orange Teriyaki 520cal
- Egg Salad 530cal
- Tuna Salad 500cal

**PANINI**
- Grilled Chicken Bacon 480cal
- Ham & Brie 500cal
- Grilled Vegetable 470cal
- Chicken Grilled Vegetable 510cal
- Cajun Chicken 380cal
- Chicken Pesto 510cal
- Genoa Salami & Bocconcinis 540cal
- Greek 470cal
- Sriracha Chicken 410cal
- Turkey & Roasted Peppers 410cal
- Roast Beef & Swiss 440cal

**CLASSIC SANDWICHES**
- Tuna Salad 360cal
- Ham & Swiss 320cal
- Roast Beef & Swiss 420cal
- Turkey & Prosciutto 350cal
- Capicollo & Genoa Salami 730cal
- Egg Salad 390cal

Gluten-Free Panini bread available for a $1 additional charge.

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

_vegetarian_ *Served on Platter*
GROUP SALADS $30 (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.

Salads bowls are priced for 8 people – add $3.75 for each additional person.

**STRAWBERRY SPINACH & PECAN SALAD 190CAL/150GR**
A delightful blend of fresh strawberries, baby spinach leaves, red onions & pecans.

**MANGO, TOMATO & FRESH MINT 100CAL/150GR**
A delicious mix of chopped mangos, diced tomatoes, red onions & fresh mint.

**CAESAR SALAD 90CAL/150GR**
Classic mix of romaine lettuce, bacon, croutons and parmesan cheese complemented with a creamy Caesar dressing.

**PARISIAN APPLE SALAD 140CAL/150GR**
Red apples, green apples, celery and raisins in a creamy sauce garnished with almonds.

**SUNDRIED TOMATO PASTA 250CAL/150GR**
Farfalle (bows) with zesty Sundried tomatoes, black olives, Parmesan, olive oil, salt & pepper.

**PESTO PASTA 290CAL/150GR**
Penne or fusilli pasta, pesto, parmesan cheese, toasted pine nuts, pesto & olive oil garnished with fresh basil.

**SPRINGTIME SALAD 100CAL/150GR**
A fresh and exciting mix of zucchini, carrots, broccoli florets, cauliflower florets with a balsamic vinaigrette topped with sesame seeds.

**BEET SALAD 80CAL/150GR**
Created with beets, red onions and olive oil with salt & pepper seasoning.

**GREEK SALAD 120CAL/150GR**
English cucumber, tomatoes, red onions, feta cheese, Kalamata olives with Greek dressing.

**RED POTATO & DIJON 160CAL/150GR**
Red potatoes, mayonnaise, mustard, red onions, parsley and seasoned with salt & pepper.

**TOMATO & ARTICHOKE SALAD 120CAL/150GR**
Artichoke hearts, fresh tomatoes, green peppers, black olives, fresh dill and our homemade Italian dressing.

**ITALIAN FANTASY 200CAL/150GR**
Created with large shells, broccoli florets, diced red pepper, black olives, shallots, fresh chopped parsley in a creamy Italian dressing.

**LEMONY CHICKPEA SALAD 210CAL/150GR**
Tasty chickpeas with fresh lemon zest and seasoning with our homemade dressing garnished with parsley.

**CHEF SALAD 25CAL/150GR**
Mixed salad greens, with seasonal vegetables, shallots and fresh parsley.
BOXED LUNCHES $13^{00*} as easy as 1-2-3!

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.

1. Select the main meal
2. Pick one side salad or a small soup
3. Choose your dessert

*Price of beverages not included in the lunchbox combo. You can add a drink from the beverage section in the following pages.
lunch box menu

STEP 1 › Select your favorite sandwich:

- **WRAPS**
  - Chicken Avocado 450CAL
  - Chicken Caesar 530CAL
  - Californian Shrimp 640CAL
  - Tuna Salad 500CAL
  - Mediterranean 490CAL

- **PANINI**
  - Grilled Chicken Bacon 480CAL
  - Ham & Brie 500CAL
  - Grilled Chicken & Brie 400CAL
  - Grilled Vegetables 470CAL
  - Chicken & Grilled Vegetables 510CAL

- **PITA**
  - Smoked Salmon 440CAL
  - Grilled Vegetables 420CAL
  - Roast Beef & Sauteed Mushrooms 540CAL

- **CLASSICS**
  - Tuna Salad 360CAL
  - Ham & Swiss 320CAL
  - Roast Beef & Swiss 420CAL
  - Turkey & Prosciutto 350CAL

STEP 2 › Pick one side salad from one of our daily fresh selections, or a small soup. Add a second side salad for $3.75 extra.

- **CAESAR SALAD** 90CAL
- **ITALIAN FANTASY** 200CAL
- **LEMONY CHICKPEA** 210CAL
- **SUNDRIED TOMATO PASTA** 250CAL
- **RED POTATO & DIJON** 160CAL
- **GREEK SALAD** 120CAL
- **SPINACH & STRAWBERRY PECAN SALAD** 190CAL
- **CHEF SALAD** 25CAL
- **TOMATO & ARTICHOKE** 120CAL

*calories per 150gr portion

Ask for additional daily salad selections!
STEP 3 > Choose your dessert from one of the following:

WHOLE FRUIT
70-90CAL
Apple, orange, pear or banana
(Selections subject to availability.)

FRESHLY BAKED
COOKIES
180-200CAL/42GR
Chocolate, double chocolate or white chocolate/cranberry

DESSERT SQUARES
230CAL/60GR
(Additional charge of $1)

ADD BOTTLED WATER OR CANNED POP FOR $1.50

HOT MEALS
Prices per single items.

LASAGNA
$9.95 330CAL
Meat or vegetarian

SPINACH RISOTTO
$9.95 350CAL
Served with chicken & fresh asparagus

SOUTHWESTERN
$9.95 540-580CAL
Chicken or Beef

THAI SESAME
$9.95 450-560CAL
Chicken, beef or veggie

SWEET CHILLI
$9.95 710-750CAL
Chicken or Beef

CHICKEN POT PIE
$6.25 720CAL

QUICHE
$6.25 410-530CAL
Ham & cheese or vegetarian
MEAL SALADS $9.95

Salads for one, as a full meal!

TROPICAL CHICKEN QUINOA 480CAL
Sliced chicken breast on a bed of quinoa and spring greens, mixed with fresh kiwi, mandarin, cherry tomatoes, goat cheese and capers complemented by a mandarin & kiwi vinaigrette.

GRILLED CHICKEN CESAR 520CAL
Romaine lettuce, bacon, croutons complemented with a creamy Caesar dressing.

TUSCAN SUMMER 475CAL
Tasty chicken strips, roasted peppers, cherry tomatoes, English cucumbers, Kalamata olives, Parmesan cheese, chopped walnuts served on a bed of mixed greens, kale, chard and fresh basil with sundried tomato vinaigrette.

FRUIT MELODY 230CAL
Mixed spring greens with grilled chicken, strawberries, pineapples, blueberries, clementine and pecans served with raspberry vinaigrette.

CHICKEN QUINOA 530CAL
Sliced chicken breast on a bed of quinoa and baby spinach with edamame beans, black beans with sweet corn. Enhanced with goat cheese, dried cranberries and fresh tarragon complimented with Balsamic vinaigrette.
PLATTERS TO COMPLEMENT

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

CHEESE & GRAPES  $42  
SERVES 8 PEOPLE
Brie, Canadian cheddar, Bocconcini cheese, Swiss & lightly smoked Austrian gruyere cheese served with grapes and assorted crackers.
$5.25 each additional person

FRESH FRUIT PLATTER  $36  
89CAL/100GR  
SERVES 8 PEOPLE
Seasonal fresh fruits, such as pineapple, melons, strawberries, grapes and oranges.
$4.50 each additional person

FRESH VEGETABLE PLATTER  $34  
65CAL/100GR  
SERVES 8 PEOPLE
Seasonal fresh vegetables such as peppers, celery, cucumber, broccoli, tomatoes and carrots with dip.
$4.25 each additional person

Vegetable & fruit selections may vary as they are subject to market availability.
A LA CARTE SINGLE SERVINGS

Prices per single items.

**SOUP OF THE DAY**
$3.95  
70-180CAL

**FRESH BAKED MUFFINS**
$2.50  
430-480CAL  
Banana, blueberry, chocolate chip, cranberry, carrot & nut.

**COOKIES**
SM $1.25  
LG $2.65  
180-200CAL/42GR  
Chocolate chip, double chocolate chip, oatmeal raisin, giant chocolate chip.

**DESSERT LOAF**
$3  
230-340CAL

**BROWNIE**
$3  
230CAL/60GR

**SIGNATURE SQUARES**
$3  
270-400CAL

**SIGNATURE PASTRIES**
$2.95  
380-410CAL

**WHOLE FRUIT**
$1.30  
70-90CAL  
Apple, orange, pear or banana.  
(Selections subject to availability.)

**YOGURT PARFAIT**
$4.50  
400CAL  
With yogurt, granola and berries.
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
  - 440CAL
  - 1 egg, Swiss cheese, ham & spring mix on a croissant.

- **Panini**
  - $4.95
  - 550CAL
  - 2 eggs, cheddar cheese, bacon & pesto mayo.

- **Bagel Sandwich**
  - $4.75
  - 410CAL
  - 1 egg, cheddar cheese, ham & pesto mayo.

- **Avocado BLT**
  - $4.95
  - 530CAL
  - Fresh avocado, bacon, tomato, seasonal greens & mayo.

- **English Muffin**
  - $4.50
  - 310CAL
  - 1 egg, cheddar cheese, tomato & mayo on an English muffin.

- **Tex-Mex**
  - $4.95
  - 610CAL
  - Eggs, ham, cheddar cheese, red peppers, red onions & tomato salsa.

- **Spartan**
  - $4.95
  - 590CAL
  - Eggs, spinach, roasted red peppers, feta & pesto-mayonnaise.

**CONTINENTAL PLATTERS**

- **Croissants**
  - $2.95
  - Plain, chocolate or almond. 300-430cal.

- **Fresh Baked Muffin**
  - $2.50
  - Banana, blueberry, chocolate chip, cranberry-orange or carrot & nut. 430-480cal

- **Dessert Loaf**
  - $3
  - Banana, poppy seed, pineapple carrot, raspberry cream cheese, chocolate marble. 230-340cal

- **Cookies**
  - SM $1.25
  - LG $2.65
  - Chocolate chip, white chocolate & cranberry, double chocolate & giant oatmeal cookie. 180-200cal/42gr

- **Signature Pastries**
  - $2.95
  - Cinnamon bun, cinnamon raisin bun, maple pecan plait, raspberry crown, apple turnover or vanilla crown. 270-400cal

**ASSORTED BAGELS**

- **Bagel Cream Cheese**
  - 310CAL
  - $3.50

- **Plain Bagel**
  - 210CAL
  - $2.50

*Assortment may vary based on location*
**Beverages**

**COLD BEVERAGES**

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<tr>
<th>Item</th>
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<th>Calories</th>
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<tbody>
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<td>LA PREP WATER</td>
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<td>PERRIER</td>
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<tr>
<td>VITAMIN WATER</td>
<td>$3.50</td>
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<td>MILK 473ML</td>
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<td>CHOCOLATE MILK</td>
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<td>SQUEEZED JUICE</td>
<td>$4.99</td>
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<td>MINUTE MAID JUICE CAN</td>
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<td>MINUTE MAID JUICE BOTTLE</td>
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**SOFT DRINKS**

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<td>DIET COKE CAN</td>
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<td>ROOT BEER CAN</td>
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<td>152CAL</td>
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<tr>
<td>SPRITE CAN</td>
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<td>COKE (BOTTLE)</td>
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<td>201CAL</td>
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<td>DIET COKE (BOTTLE)</td>
<td>$2.75</td>
<td>0CAL</td>
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<tr>
<td>ICED TEA (BOTTLE)</td>
<td>$2.75</td>
<td>160CAL</td>
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**HOT BEVERAGES**

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<tr>
<th>Item</th>
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<tr>
<td>COFFEE THERMOS 64OZ</td>
<td>$16</td>
<td>0CAL (SERVES APPROX. 6 PEOPLE)</td>
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<tr>
<td>COFFEE THERMOS 94OZ</td>
<td>$20</td>
<td>0CAL (SERVES APPROX. 9 PEOPLE)</td>
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<tr>
<td>PREMIUM TEA</td>
<td>$2.35</td>
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**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.

<table>
<thead>
<tr>
<th>Variety</th>
<th>Origin</th>
<th>Roast</th>
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<tbody>
<tr>
<td>COLOMBIAN</td>
<td>(Dark Roast)</td>
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<tr>
<td>ORGANIC SIERRA VERDE</td>
<td>(Medium Roast)</td>
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</tr>
<tr>
<td>CLASSICO</td>
<td>(Light Roast)</td>
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CATERING INFORMATION

- Minimum order of 8 people.
- To ensure product quality & full selection we recommend ordering a minimum of 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 on the same day of 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 -24hour period.

Please note that we require a minimum of 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.