

At La Prep, our aim is to provide each customer with premium fare that is prepared fresh daily with an appealing presentation.

We want our guests to enjoy the sights and smells of delicious foods and beverages.

The purpose of this guide is to provide you with all the information you need to make educated choices when ordering to ensure you can eat well every day.

We believe that to live well, we have to eat well everyday. It makes life better!

This is our humble contribution to your well being.

FOOD ALLERGY ALERT

Due to our menu design, operations and shared cooking equipment, we cannot assure any other allergenic ingredients will never come in contact or be part of your dish.

Please communicate your concerns to our personnel to better assist you in your choice(s), including recommending you to abstain from eating our products.

Our first service priority is always your safety!

- Dairy
- Eggs
- Peanuts
- Tree nuts
- Soy
- Sesame

- MSG*
- Sulphites
- Wheat
- Mustard
- Fish
- Seafood

BREAKFAST & BAKED GOODS

Breakfast Sandwiches

	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Protein	Vitamin A	Calcium	Vitamin C	Iron
Avocado BLT	206g	530	34	52	8	0	40	45	960	40	33	11	8	32	5	22	8	25	6	20	
Croissant	182g	440	24	37	13	0.5	68	245	630	26	36	12	8	6	19	25	2	15	10		
English muffin	155g	310	15	23	5	0.2	26	200	520	22	26	9	1	4	3	15	15	2	15	15	
Panini (multigrain)	251g	560	27	42	9	0.2	46	400	1220	51	48	16	4	16	3	29	20	0	15	25	
Panini (regular)	251g	550	26	40	9	0.2	46	400	1240	52	48	16	2	8	3	28	20	0	15	30	
Plain bagel	186g	410	16	25	6	0.2	31	205	940	39	46	15	2	8	4	19	10	0	15	25	
Sesame seeds bagel	186g	420	17	26	6	0.2	31	205	910	38	44	15	2	8	4	19	10	0	20	25	
Spartan Wrap	265g	590	30	46	11	0	55	400	1010	42	55	18	4	16	3	26	30	10	30	35	
Tex Mex Wrap	291g	610	28	43	12	0	60	415	1210	50	55	18	4	16	3	34	25	25	35	35	
Wheat bagel	186g	410	16	25	6	0.2	31	205	840	35	46	15	4	16	7	19	10	0	15	25	
Whole grain bagel	186g	410	17	26	6	0.2	31	205	700	29	44	15	4	16	6	20	10	0	20	20	

Breads

	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Protein	Vitamin A	Calcium	Vitamin C	Iron
English Muffin	57g	130	1.5	2	0.3	0	2	0	125	5	23	8	1	4	1	5	0	0	4	10	
Plain bagel	85g	210	1.5	2	0.3	0	2	0	470	20	43	14	2	8	2	7	0	0	4	20	
Sesame seeds bagel	85g	220	3	5	0.5	0	3	0	440	18	41	14	2	8	2	7	0	0	6	20	
Wheat toast (2)	85g	210	2	3	0.3	0	2	0	370	15	43	14	4	16	5	7	0	0	4	20	
White toast (2)	72g	180	1.5	2	0.4	0	2	0	370	15	36	12	1	4	3	6	0	0	4	15	
Whole grain bagel	85g	210	2.5	4	0.4	0	2	0	230	10	41	14	4	16	4	8	0	0	6	15	
Whole wheat toast (2)	72g	180	2	3	0.5	0	3	0	360	15	34	11	3	12	2	7	0	0	4	10	

Toppings

	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Protein	Vitamin A	Calcium	Vitamin C	Iron
Cream cheese	15g	50	4.5	7	3	0.2	16	15	45	2	2	1	0	0	1	1	4	0	2	0	
Margarine	5g	35	4	6	1	1	10	0	40	2	0	0	0	0	0	0	6	0	0	0	
Peanut butter	15g	90	8	12	1.5	0	8	0	60	3	4	1	1	4	1	3	0	0	0	2	
Raspberry jam	10ml	35	0	0	0	0	0	0	3	1	9	3	0	0	7	0.1	0	0	0	0	
Strawberry jam	10ml	35	0	0	0	0	0	0	3	1	9	3	0	0	7	0.1	0	0	0	0	

Muffins

	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Protein	Vitamin A	Calcium	Vitamin C	Iron
Banana dream	140g	460	17	26	2	0.1	11	75	390	16	70	23	3	12	36	8	2	6	2	15	
Blueberry passion	140g	430	15	23	1.5	0.1	8	40	320	13	67	22	1	4	34	8	2	0	4	15	
Blueberry bran	100g	210	2.5	4	0.5	0	3	0	360	15	45	15	6	24	18	6	0	4	2	15	
Carrot nut	140g	430	18	28	1.5	0.3	9	55	360	15	63	21	4	16	34	7	60	2	2	15	
Chocolate chip	140g	450	11	17	3	0.1	16	35	250	10	81	27	3	12	38	7	2	0	6	30	
Corn bran	140g	430	15	23	1.5	0.1	8	65	480	20	69	23	3	12	29	8	2	0	6	15	
Double chocolate	140g	460	15	23	3	0.1	16	50	490	20	74	25	3	12	39	10	2	0	6	30	
Glory raisin bran	140g	390	14	22	1.5	0.1	8	40	450	19	64	21	10	40	31	10	2	0	6	30	
Lemon cranberry	140g	430	15	23	2	0.1	11	40	310	13	67	22	3	12	32	7	2	10	6	15	
Lemon poppy seed	140g	480	18	28	2	0.1	11	55	320	13	70	23	3	12	34	8	2	10	10	20	
Morning glory	140g	450	17	26	2	0.1	11	55	430	18	67	22	3	12	36	7	70	6	6	20	
Muslex	140g	410	15	23	1.5	0.1	8	50	450	19	62	21	8	32	31	8	2	0	6	30	
Oatmeal appleslice	140g	430	15	23	1.5	0.1	8	35	480	20	66	22	3	12	31	8	2	2	6	20	
Oatmeal raisin	140g	430	17	26	2	0.1	11	50	450	19	67	22	6	24	32	10	2	0	6	20	
Orange cranberry	140g	420	15	23	2	0.1	11	50	310	13	64	21	3	12	29	8	2	10	6	15	
Orange date dazzle	140g	460	15	23	2	0.1	11	65	450	19	71	24	1	4	36	8	2	6	6	20	
Raspberry yogurt	140g	450	17	26	3	0.1	16	50	420	18	67	22	1	4	32	8	2	6	6	15	
Very berry (berry burst)	140g	420	15	23	2	0.1	11	50	290	12	66	22	3	12	32	8	0	2	6	15	

Viennoiseries

	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Protein	Vitamin A	Calcium	Vitamin C	Iron
Almond croissant	115g	430	25	38	8	0.4	42	50	290	12	40	13	4	16	5	11	6	0	8	10	
Apple turnover	110g	330	19	29	12	1	65	25	220	9	34	11	1	4	13	5	15	0	2	2	
Butter croissant	95g	300	14	22	9	0.5	48	60	350	15	34	11	2	8	5	7	8	0	2	4	
Chocolate hazelnut croissant	75g	260	13	20	7	0.4	37	45	240	10	29	10	2	8	10	6	6	0	2	8	
Chocolate twist	350	18	28	11	0	55	85	300	13	40	13	1	4	15	8	15	0	4	4		
Chocolatine	115g	410	16	25	11	0.5	57	50	300	13	57	19	2	8	26	6	25	0	2	6	
Cinnamon swirl	90g	330	18	28	7	0.2	36	20	180	8	37	12	1	4	11	4	20	8	0	4	
Danish (maple & pecan)	52g	190	11	17	4.5	0.1	23	35	1305	18	6	0	0	6	3	10	0	0	2	2	
Raspberry crown	105g	380	22	34	9	0.2	46	40	220	9	40	13	1	4	15	5	25	8	2	4	

SOUPS

	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Protein	Vitamin A	Calcium	Vitamin C	Iron
Beef & barley soup (S)	284ml	90	1	2	0.5	0	3	5	760	32	17	6	2	8	2	4	8	10	4	6	
Beef & barley soup (L)	455ml	140	2	3	1	0.1	6	5	1210	50	27	9	3	12	3	6	15	20	6	10	
Broccoli cheese soup (S)	284ml	140	5	8	3.5	0.1	18	5	730	30	20	7	1	4	6	5	2	15	10	2	
Broccoli cheese soup (L)	455ml	230	8	12	6	0.1	31	10	1170	49	31	10	2	8	10	8	4	25	20	2	
Butternut squash & sweet potato soup (S)	284ml	160	4	6	3	0	15	0	510	21	29	10	2	8							

SANDWICHES, PANINIS, WRAPS & PITAS																													
	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	% DV Saturated Fat	Trans Fat (g)	% DV Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Protein	Vitamin A	% DV Vitamin A	Calcium	% DV Calcium	Vitamin C	% DV Vitamin C	Iron	% DV Iron			
Classic Sandwiches (multigrain bread)																													
Capicola & Genoa	284g	730	33	51	10	0.5	53	80	2320	97	56	19	7	28	9	43	15	30	20	50									
Egg salad	272g	550	22	34	4.5	0.1	23	320	1150	48	53	18	7	28	7	23	25	40	15	45									
Gourmet grilled cheese	218g	590	26	40	10	2	60	40	1390	58	60	20	7	28	10	22	25	20	30	35									
Ham & Swiss	233g	480	17	26	4.5	0.2	24	30	1280	53	52	17	6	24	6	24	15	20	20	35									
Roast beef	238g	580	26	40	6	0.3	32	45	1360	57	53	18	7	28	7	24	15	25	20	35									
Tuna salad	272g	520	15	23	2	0.1	11	30	1250	52	52	17	8	32	6	35	10	35	10	45									
Turkey & prosciutto	232g	510	17	26	4.5	0.2	24	40	1430	60	52	17	6	24	6	28	10	20	20	35									
Classic Sandwiches (plain bread)																													
Capicola & Genoa	244g	570	28	43	9	0.5	48	80	2010	84	44	15	2	8	8	37	15	10	15	35									
Egg salad	232g	390	17	26	4	0.1	21	320	840	35	41	14	2	8	6	17	25	25	10	30									
Ham & Swiss	193g	320	12	18	4	0.2	21	30	960	40	38	13	3	12	4	19	15	6	15	15									
Roast beef	198g	420	21	32	6	0.3	32	45	1040	40	40	13	1	4	5	18	15	6	15	20									
Tuna salad	232g	360	9	14	1.5	0.1	8	30	940	39	40	13	3	12	5	29	10	20	6	30									
Turkey & prosciutto	192g	350	12	18	4	0.2	21	40	1120	47	40	13	1	4	5	22	10	6	15	20									
Classic Sandwiches (whole wheat bread)																													
Capicola & Genoa	244g	570	28	43	10	0.5	53	80	2000	83	42	14	4	16	7	38	15	10	15	30									
Egg salad	232g	390	17	26	4	0.1	21	320	830	35	39	13	4	16	5	18	25	25	10	25									
Ham & Swiss	193g	320	12	18	4	0.2	21	30	960	40	38	13	3	12	4	19	15	6	15	15									
Roast beef	198g	420	21	32	6	0.3	32	45	1040	43	39	13	4	16	5	19	15	8	15	15									
Tuna salad	232g	360	10	15	1.5	0.1	8	30	930	39	38	13	5	20	4	30	10	20	6	25									
Turkey & prosciutto	192g	350	12	18	4	0.2	21	40	1110	46	38	13	3	12	4	23	10	6	15	15									
Panini sandwiches (multigrain ciabatta)																													
Banh Mi Panini + gluten free	590	26	40	3.5	0	18	35	1190	50	69	23	4	16	7	23	45	10	4	45										
Chicken bacon	209g	490	19	29	5	0.1	26	70	1420	59	54	18	4	16	8	30	10	8	15	25									
Chicken cajun	194g	390	7	11	2.5	0.1	13	35	1250	52	60	20	4	16	9	24	4	10	15	20									
Chicken grilled vegetable	233g	520	23	35	4	0.4	22	35	1280	53	56	19	7	28	6	28	6	25	15	30									
Chicken pesto	219g	520	23	35	4	0.4	22	35	1260	53	56	19	7	28	5	28	6	10	20	30									
Greek	230g	480	24	37	9	0.5	48	45	1270	53	54	18	5	20	2	16	25	15	10	20									
Grilled vegetable	214g	480	22	34	4	0.4	22	35	1250	53	55	20	6	24	8	26	8	20	15	25									
Ham & brie	211g	500	22	34	4.5	0.4	25	35	1210	50	55	18	6	32	6	24	4	15	10	25									
Italian	223g	520	22	34	4.5	0.4	25	35	1470	61	56	19	7	28	7	26	8	30	15	30									
Roast beef	232g	450	16	25	4.5	0.1	23	65	1420	59	55	18	4	16	8	24	10	10	15	25									
Salami & bocconcini	216g	550	28	43	8	0.4	42	50	1870	78	49	16	4	16	4	28	10	8	8	25									
Turkey	223g	420	12	18	3	0.1	16	50	1220	51	57	19	5	20	10	23	8	20	15	20									
Panini sandwiches (regular ciabatta)																													
Banh Mi Panini + gluten free	254	590	26	40	3.5	0	18	35	1190	50	69	23	4	16	7	23	45	10	4	45									
Chicken bacon	209g	480	18	28	5	0.1	26	70	1440	60	54	18	2	8	8	29	10	8	15	30									
Chicken cajun	194g	380	6	9	2.5	0.1	13	35	1270	53	60	20	2	8	9	23	4	10	15	25									
Chicken grilled vegetable	239g	510	22	34	4	0	20	25	990	41	56	19	4	16	2	22	4	10	10	20									
Chicken pesto	219g	510	22	34	4	0.4	22	35	1280	53	56	19	5	20	5	27	6	10	20	35									
Greek	230g	470	23	35	9	0.5	48	45	1290	54	54	18	3	12	2	15	25	15	10	20									
Grilled vegetable	214g	470	21	32	4	0.4	22	35	1270	53	55	20	6	24	8	25	8	20	15	30									
Ham & brie	211g	500	22	34	4.5	0.4	25	35	1230	51	55	18	4	16	6	23	4	15	10	30									
Italian	223g	510	21	32	4.5	0.4	25	35	1490	62	56	19	5	20	7	25	8	30	15	35									
Roast beef	232g	440	15	23	4.5	0.1	23	65	1440	60	55	18	2	8	8	23	10	10	15	30									
Salami & bocconcini	216g	540	27	42	8	0.4	42	50	1890	79	49	16	2	8	4	27	10	8	8	25									
Turkey	223g	410	11	17	3	0.1	16	50	1240	52	57	19	3	12	10	22	8	20	15	20									
Wrap sandwiches (original tortilla)																													
Asian Sesame Chicken Wrap	289	490	19	29	4	0	20	20	770	32	64	21	7	28	6	17	70	35	15	30									
Asian Sesame Tempah Wrap	299	450	14	22	4	0	21	0	670	28	63	21	9	36	7	18	50	35	25	45									
Californian shrimp	294g	640	22	34	5	0.2	26	65	1120	47	89	30	4	16	12	16	10	50	15	25									
Chicken avocado	216g	450	16	25	4	0	20	25	990	41	56	19	4	16	2	22	4	10	10	20									
Chicken Caesar	200g	530	22	34	6	0.1	31	45	1380	57	58	19	2	8	5	25	2	2	20	20									
Chicken orange	315g	520	14	22	3.5	0	18	25	1390	58	77	26	5	20	17	25	6	80	15	30									
Egg salad	256g	530	24	37	6	0.1	31	320	1010	42	56	19	3	12	4	20	20	25	15	30									
Mediterranean	203g	490	23	35	7	0.2	36	15	1070	45	59	20	5	20	4	12	15	20	15	20									
Tuna salad	256g	500	17	26	4	0.1	21	30	1610	46	55	18	4	16	3	32	6	20	15	30									
Turkey avocado	290g	490	19	29	6	0.1	31	30	1020	43	59	20	4	16	4	24	15	20	20	20									
Wrap sandwiches (whole wheat tortilla)																													
Asian Sesame Chicken Wrap	289	490																											