



# Menu

## La Prep

La Prep, 433 Rue Chabanel O Suite 102, Montréal, QC H2N 2J4, Canada | (514) 315-4392

### Most Ordered



#### Poulet Sriracha / Sriracha Chicken

CA\$13.21

420 cal. Poulet, fromage suisse, mayo sriracha, poivron rouge rôti et épinards. / 420 cal. Chicken, swiss cheese, sriracha mayo, roasted red pepper, and spinach.



#### Coupe de fruits frais / Fresh Fruit Cup

CA\$5.75

210 cal. Sélection de fruits de saison. / 210 cal. Selection of seasonal fruit.



#### Poulet fromage de chèvre / Chicken and goat cheese

CA\$13.21

400 cal. Aïoli au pesto, lanières de poulet, tomate, fromage Brie et épinards. / 400 cal. Pesto aioli, chicken strips, tomato, Brie cheese, and spinach.



#### Salade de thon / Tuna Salad

CA\$13.21

360 cal. Mélange de thon (thon, mayo, poivrons rouges, oignon vert), tomate et laitue romaine. / 360 cal. Tuna mixture (tuna, mayo, red peppers, green onion), tomato, and romaine lettuce.



#### Salade de pâtes au pesto / Pesto Pasta Salad

CA\$5.95

340 cal. Pâtes, pesto, parmesan, pignons de pin. / 340 cal. Pasta, pesto, Parmesan cheese, pine nuts.



#### Jambon & Brie / Ham & Brie

CA\$13.21

510 cal. Pesto, jambon, tomate et fromage Brie. / 510 cal. Pesto, ham, tomato, and Brie cheese.



#### Poulet Pesto / Chicken Pesto

CA\$13.21

520 cal. Poulet, mélange de pesto, fromage mozzarella, courgettes, roquette. / 520 cal. Chicken, pesto mix, mozzarella cheese, zucchini, arugula.

## Menu La Prep



### Avocat au poulet / Chicken Avocado

CA\$13.21

440 cal. Poulet, tomate, avocat frais, mayo et laitue romaine. /440 cal. Chicken, tomato, fresh avocado, mayo, and romaine lettuce.



### Ruben / Reuben

CA\$13.21

500 cal. Pastrami, choucroute, fromage suisse, mayo des Mille-Îles, roquette. / 500 cal. Pastrami, sauerkraut, swiss cheese, Thousand Island mayo, arugula.



### Salade grecque / Greek Salad

CA\$5.95

100 cal. Tomates, concombre, oignon rouge, fromage feta, olives kalamata avec vinaigrette déesse verte. / 100 cal. Tomatoes, cucumber, red onion, feta cheese, kalamata olives with green goddess dressing.

## ??Lunch Combos



### ??Classic Lunch Combo: Wrap or Classic Sandwich, Salad & Soup ~~CA\$21.99~~

.Wrap: Chicken/ Egg / Tuna/ Tofu Or Classic Sandwich: Egg / Tuna . 12 oz Chef's Salade . 12 oz Soup Protein or Vegetarian ??1 Banana



### ??High-Protein Lunch Combo :Wrap & Salade & Banana

CA\$17.99

??Wrap: Chicken / Egg / Tuna / Tofu ??12oz Chef's Daily Salade ??1 Banana



### ??Balanced Lunch combo: Wrap, Salad & Cookie & Banana

CA\$20.99

. Wrap: Chicken/ Egg /Tuna/ Tofu . 12 oz Chef's daily salade . 1 Cookie bites . 1 Banana

## Sandwich Géant



### Sucré piquant poulet bacon

CA\$16.50

Submarine focaccia, poulet, pickled jalapeno, Bacon, fromage Swiss, arugula



### Aubergines croustillantes (vegetarian)/Crispy eggplant (vegetarian) CA\$15.95

Submarine focaccia, aubergines panées cuites, pickled red onion, arugula, balsamic glaze.

## Poulet shawarma halale/ shawarma chicken halale

CA\$15.95



Submarine focaccia, poulet shawarma mélangé, pickled red onion, pickled turnip, dill pickles ,habanero mayo.

## Sandwich déjeuner

### BLT à l'avocat déjeuner/ BLT avocado breakfast

CA\$7.56



Avocat frais, bacon, tomate, légumes de saison et mayonnaise. / Fresh avocado, bacon, tomato, seasonal greens, and mayo.

### Sandwich croissant déjeuner/ croissant sandwich breakfast

CA\$7.56



Croissant, mayo, fromage swiss, egg, ham, salade, mayo

### Sandwich muffin anglais sandwich déjeuner/ breakfast english muffin

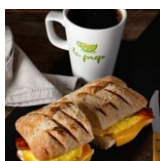
CA\$5.77



Muffin anglais, mayo, fromage Cheddar, oeuf, tomate,

### Sandwich panini déjeuner/ breakfast panini sandwich

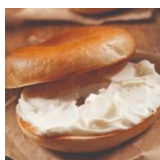
CA\$8.40



Bacon, mayo pesto, fromage cheddar et deux oeufs dans un panini. / Bacon, pesto mayo, Cheddar cheese, and two eggs in a panini.

### Bagel fromage à la crème

CA\$5.35



Begol Sesame, burger, fromage a la crème.

### Bagel déjeuner

CA\$7.56



Begol grillé, egg, fromage Cheddar, jambon, mayo

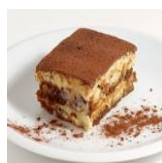
### Wrap spartan ( sans viande)/ no meet

CA\$7.56



Tortillas, egg, fromage feta, épinards, sauce de pesto

## Produits de boulangerie et desserts / Baked Goods & Desserts



### Tiramisu

CA\$8.80

Layers of coffee-soaked ladyfingers, mascarpone cheese, and cocoa powder.



### Coupe de fruits frais / Fresh Fruit Cup

CA\$5.75

210 cal. Sélection de fruits de saison. / 210 cal. Selection of seasonal fruit.



### Nanaimo

CA\$5.10

Three-layer dessert with a crumbly coconut and chocolate base, creamy custard middle, and smooth chocolate topping.



### Ritter sport chocolat au lait avec noisettes

CA\$6.99

Delight in creamy milk chocolate studded with crunchy whole hazelnuts.



### Parfait au yogurt / Yogurt Parfait

CA\$6.05

270 cal. Yogurt, berries topped with granola. / 270 cal. Yaourt, baies garnies de granola.



### Muffin fraîchement cuit / Freshly Baked Muffin

CA\$3.99

430-460 cal. Banane (460 cal.), myrtille passion (430 cal.), pépites de chocolat (450 cal.). / 430-460 cal. Banana (460 cal.), blueberry passion (430 cal.), chocolate chip (450 cal.).



### Scones aux myrtilles / Blueberry Scones

CA\$5.10

360 cal.



### Croissant aromatisé / Flavoured Croissant

CA\$4.90

260-370 cal. Croissant aux noisettes et cacao (260 cal.), croissant aux amandes (370 cal.). / 260-370 cal. Hazelnut cocoa croissant (260 cal.), almond croissant (370 cal.).

## Menu La Prep



### Croissant au beurre / Butter Croissant

300 cal.

CA\$3.75

### Muffin cranberry

CA\$3.99



### Ritter sport chocolat noir avec noisettes

Rich dark chocolate embedded with crunchy hazelnut pieces, combining deep cocoa flavors with a satisfying nutty crunch.

CA\$6.99



### Pain de dessert / Dessert Loaf

330 cal. Pain aux banane ou marbre au chocolat. / 330 cal. Banana bread or chocolate marble.

CA\$4.90



### Cookie au pepites de chocolat

180 cal. Pépites de chocolat, / 180 cal. Chocolate chip,

CA\$2.15

## Sandwichs panini grillés / Grilled Panini Sandwiches



### Poulet Sriracha / Sriracha Chicken

420 cal. Poulet, fromage suisse, mayo sriracha, poivron rouge rôti et épinards. / 420 cal. Chicken, swiss cheese, sriracha mayo, roasted red pepper, and spinach.

CA\$13.21



### Jambon & Brie / Ham & Brie

510 cal. Pesto, jambon, tomate et fromage Brie. / 510 cal. Pesto, ham, tomato, and Brie cheese.

CA\$13.21



### Poulet Pesto / Chicken Pesto

520 cal. Poulet, mélange de pesto, fromage mozzarella, courgettes, roquette. / 520 cal. Chicken, pesto mix, mozzarella cheese, zucchini, arugula.

CA\$13.21

## Menu La Prep



### Grec / Greek

Végétarien. 480 cal. Mayo aux tomates séchées au soleil, épinards, fromage feta, tomate et courgettes grillées. / Vegetarian. 480 cal. Sun-dried tomato mayo, spinach, feta cheese, tomato, and grilled zucchini.

CA\$13.21



### Salami & Bocconcini

550 cal. Salami, tomates, bocconcini, mayo aux tomates séchées, pousses d'épinards. / 550 cal. Salami, tomatoes, bocconcini, sun-dried tomato mayo, baby spinach.

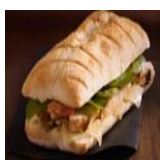
CA\$13.21



### Ruben / Reuben

500 cal. Pastrami, choucroute, fromage suisse, mayo des Mille-Îles, roquette. / 500 cal. Pastrami, sauerkraut, swiss cheese, Thousand Island mayo, arugula.

CA\$13.21

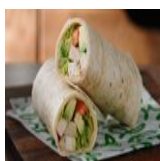


### Poulet bacon / Chicken Bacon

490 cal. Poulet, bacon, mozzarella, moutarde créole, pousses d'épinards. / 490 cal. Chicken, bacon, mozzarella, creole mustard, baby spinach.

CA\$13.21

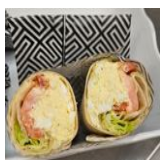
## Wraps Sandwiches



### Avocat au poulet / Chicken Avocado

440 cal. Poulet, tomate, avocat frais, mayo et laitue romaine. / 440 cal. Chicken, tomato, fresh avocado, mayo, and romaine lettuce.

CA\$13.21



### Salade d'oeuf/ Egg salad

390 cal. mélange d'oufs (ouf, mayo, poivrons rouges, oignon vert), tomate et laitue romaine. / 390 cal. egg mixture (egg, mayo, red peppers, green onion), tomato, and romaine lettuce.

CA\$13.21



### Wrap au Tofu/ Wrap of Tofu

Tofu mariné grillé, chou violet, chou blanc, carot, poivron rouge, roquette, épinard, sauce sésame

CA\$13.21



### Wrap au crab

Salade de Crab , tomate, lettuces

CA\$13.21

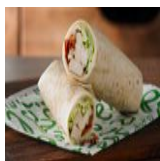
## Menu La Prep



### Salade de thon / Tuna salad

CA\$13.21

490 cal. Dinde, avocat, concombre, tomate, fromage suisse, jeunes épinards et mayo.  
/ 490 cal. Turkey, avocado, cucumber, tomato, swiss cheese, baby spinach, and mayo.



### César au poulet / Chicken Caesar

CA\$13.21

530 cal. Poulet, parmesan, bacon et vinaigrette césar. / 530 cal. Chicken, Parmesan, bacon, and caesar dressing.

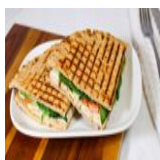
## Sandwichs pita grillés / Grilled Pita Sandwiches



### Pita saumon fumé et fromage à la crème

CA\$13.21

Smoked salmon layered with cream cheese, capers, black olives, and red onion, nestled in grilled pita bread.



### Poulet fromage de chèvre / Chicken and goat cheese

CA\$13.21

400 cal. Aioli au pesto, lanières de poulet, tomate, fromage Brie et épinards. /  
400 cal. Pesto aioli, chicken strips, tomato, Brie cheese, and spinach.



### Chipotle au poulet et mangue / Chicken Mango Chipotle

CA\$13.21

410 cal. Lanières de poulet, poivrons rouges et verts, mangue, oignon, sauce chipotle. / 410 cal. Chicken strips, red and green peppers, mango, onion, chipotle sauce.

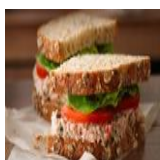
## Sandwichs classiques / Classic Sandwiches



### Salade d'oeuf / Egg Salad

CA\$13.21

390 cal. Mélange d'oufs (ouf, mayo, poivrons rouges, oignon vert), tomate et laitue romaine. / 390 cal. Egg mixture (egg, mayo, red peppers, green onion), tomato, and romaine lettuce.



### Salade de thon / Tuna Salad

CA\$13.21

360 cal. Mélange de thon (thon, mayo, poivrons rouges, oignon vert), tomate et laitue romaine. / 360 cal. Tuna mixture (tuna, mayo, red peppers, green onion), tomato, and romaine lettuce.



### Dinde & fromage / Turkey and cheese

CA\$13.21

480 cal. Jambon, suisse, tomate, laitue romaine, mayo, moutarde de Dijon. / 480 cal. Ham, swiss, tomato, romaine lettuce, mayo, Dijon mustard.

### Sandwichs au fromage grillé / Grilled Cheese Sandwiches



Fromage grillé figues et chèvre/ Grilled cheese fig and goat cheese **CA\$13.21**



Fromage grillé kimchi et champignons / Grilled cheese kimchi and mushrooms **CA\$13.21**



Fromage grillé au bacon et au cheddar / Bacon Cheddar Grilled Cheese **CA\$13.21**

350 cal. Bacon, poireaux et fromage cheddar. / 350 cal. Bacon, leek, and cheddar cheese.



Fromage grillé pétard / Firecracker Grilled Cheese **CA\$13.21**

660 cal. Mélange de pétards (fromage à la crème, maïs, poivrons verts, artichaut, jalapeño, oignons verts et épinards), fromage cheddar. / 660 cal. Firecracker mix (cream cheese, corn, green peppers, artichoke, jalapeño, green onions, and spinach), cheddar cheese.

### Salades de repas / Meal Salads



Salade thon et oeuf **CA\$16.95**

Salade de thon, oef, concombres, tomates. Mixtes green



César Salad Meal **CA\$17.95**

230 cal. Laitue romaine, bacon, poitrine de poulet grillée, croûtons, parmesan. / 230 cal. Romaine lettuce, Bacon, Grilled chicken breast, croutons, parmesan.



Bol Bistro / Bistro Bowl **CA\$17.95**

400 cal. Mélanger les légumes verts, la roquette, les carottes, les champignons rôtis, les olives kalamata, le chou rouge, les cours de chanvre, le fromage de chèvre et la vinaigrette bistro. / 400 cal. Mix greens, arugula, carrots, roasted mushrooms, kalamata olives, red cabbage, hemp hearts, goat cheese, bistro dressing.

### Plats chauds / Hot Meals



Quiche aux épinards, poireaux & mozzarella fumée / Spinach Leek & Smoked Mozzarella **CA\$10.45**

A savory blend of spinach, leeks, and smoked mozzarella in a delicate pastry crust.

## Menu La Prep



### Paté chinois / Shepherd's pie

CA\$14.95

Layers of seasoned ground beef, sweet corn, and creamy mashed potatoes.

## Salade d'accompagnement / Side Salad



### Salade de pâtes au pesto / Pesto Pasta Salad

CA\$5.95

340 cal. Pâtes, pesto, parmesan, pignons de pin. / 340 cal. Pasta, pesto, Parmesan cheese, pine nuts.



### Pasta au sauce sun dry tomate

CA\$5.95

Rotini pasta with sun-dried tomato sauce, black olives, and fresh herbs.



### Salade de chou kale / Kale Salad

CA\$5.95

120 cal. Chou frisé, chou vert, chou rouge, carotte avec sauce mayo chipotle. / 120 cal. Kale, green cabbage, red cabbage, carrot with chipotle mayo dressing.



### Salade grecque / Greek Salad

CA\$5.95

100 cal. Tomates, concombre, oignon rouge, fromage feta, olives kalamata avec vinaigrette déesse verte. / 100 cal. Tomatoes, cucumber, red onion, feta cheese, kalamata olives with green goddess dressing.

## Boissons / Drinks



### Smoothie mangue avocat

CA\$9.49

A blend of creamy avocado and sweet mango, and almond milk



### Matcha Latté glacé banane

CA\$8.99

Vibrant green matcha blended with creamy milk and banana, served over ice.



### Eau vitaminée / Vitamin Water

CA\$4.90

130 cal.

## Menu La Prep

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### Smoothie éclair vert

Fresh spinach, fresh kale, fresh mango, mango juice and oat milk,

CA\$9.49

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### Matcha Latte Glacé chocolat (16oz)

A blend of matcha and chocolate, layered with milk and ice.

CA\$9.49

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### Café Glacé (16oz) / Iced coffee (16oz)

CA\$4.77

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### Café latté (16oz)

Smooth blend of espresso and steamed milk topped with a light foam.

CA\$6.19

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### Smoothies mangue 16oz

Jus pure mangue, lait amande

CA\$8.49

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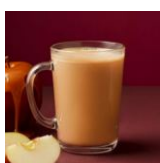


### Chocolat chaud(16oz)/ hot chocolate (16oz)

Rich cocoa blended with milk, topped with a frothy layer.

CA\$5.45

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### Chai latté au beurre de pomme et caramel (12oz)

Aromatic chai tea blended with apple butter and caramel.

CA\$6.49

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### (Bouteille/bottle) soda

500ml, au choix : coca cola original, diet, zéro, spirit, canadien dry

CA\$4.49

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### (Canette / Can) Soda

140 cal. Au choix : coca cola original, diet, zero, Canada dry, spirit, ice tea.

CA\$2.60

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## Menu La Prep



### Perrier

0 cal.

CA\$4.35

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### Eau de source / Sprint Water

0 cal.

CA\$2.49

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### Option spéciale Lait/ Special milk option

Almond milk, Soya milk, oat milk. Coconut milk, 2% lactose free milk

CA\$1.14

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### Mochaccino (16oz)

Rich blend of espresso, steamed milk, and chocolate, topped with a light froth.

CA\$6.88



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### London Fog(16oz)

A blend of Earl Grey tea, steamed milk, and vanilla extract.

CA\$6.83



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### Café infusé (16 oz)/ Brewed coffee (16oz)

Rich, aromatic brewed coffee with a smooth finish.

CA\$3.39



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### Matcha Latté (16oz)

Smooth blend of matcha green tea and steamed milk, creating a creamy and rich beverage.

CA\$6.99



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### Cappuccino Frappé (16oz)

CA\$7.69

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### Matcha Latté Glacé Mangue (16oz)

A blend of matcha and mango, layered for a vibrant and refreshing fusion.

CA\$9.49



## Menu La Prep



### Matcha Latté Glacé Fraise (16oz) Iced Matcha Latte Strawberry (16oz) CA\$9.49

Layers of matcha green tea, milk, and strawberry syrup, served over ice.



### Smoothie fraise banane datte CA\$9.49

A blend of strawberries, bananas, , vanille yourt and dates, oat milk



### Chai latte 160z CA\$7.38

Aromatic blend of spiced tea mixed with steamed milk, creating a smooth and creamy beverage.



### Cappuccino(16oz) CA\$6.25

Rich espresso combined with steamed milk, topped with a generous layer of frothy milk foam.



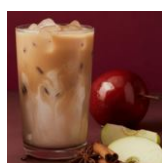
### Matcha Glacé (16oz)/ Iced Matcha (16oz) CA\$7.95

Creamy blend of matcha green tea and milk, lightly sweetened and served over ice.



### Chai glacé (16oz)/ Icef Chai(16oz) CA\$6.49

Spiced tea blend with milk and ice.



### Chai latté glacé au beurre de pomme et caramel (12oz) CA\$6.49

A blend of chai tea, apple butter, and caramel, served iced.

### Smoothies fraise/ Smoothies strawberry 16oz CA\$8.49

Just pur fraise, lait amande

### Minute maid Jus / Minute mais Juice CA\$3.99

170 cal.

## Menu La Prep

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**Lait au chocolat (473 ml) / Chocolate Milk (473 ml)**

**CA\$3.85**

130 cal.

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### **Soupe**

**Grand Soupe (20oz): végétarien ou protéines / big Soup (20oz)**

**CA\$13.05**

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**Petit Soupe(12oz) : végétarien ou protéines / Small Soup**

**CA\$9.45**

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