



Prepared with Passion & Flavour


At Prepped Manitoulin we bring passion for flavours. Every dish is made with attention to detail and a love for food. Our passion for quality meals and diverse flavours is what sets us apart and what makes Prepped Manitoulin the perfect fit for your event.

About Our Menu

- We make all of our meals from scratch.
- Menu items can be altered to accommodate allergies or dietary preferences.
- The menu items listed are only a sample of Prepped Manitoulin's full offering; we're happy to include any additional items upon request.
- Menu pricing subject to hst

 @preppedmanitoulin

 13 Manitowaning Rd, Little Current

 705-618-7713

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 info@preppedmanitoulin.ca

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Buffet Packages & Pricing

1 entrée, 1 side + 1 salad	\$22
1 entrée, 2 sides + 1 salad	\$25
1 entrée, 3 sides + 1 salad	\$28
2 entrees, 2 sides + 1 salad	\$30
2 entrees, 3 sides + 1 salad	\$32
2 entrees, 4 sides + 1 salad	\$34
2 Entrees, 4 sides + 2 salads	\$36
Turkey Dinner	\$28
turkey, stuffing, mashed potatoes, gravy roasted vegetable, dinner roll, cranberry sauce	
Add buns + butter	\$2 each

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Gluten-Free Options & Substitutions available

Entrees

Chicken

Almond Crusted Chicken
Whole Roasted Chicken
Bruschetta Chicken
Saucy Broccoli Cheddar Chicken
Stuffed Broccoli Cheddar Chicken
Asparagus & Sundried Tomato Stuffed Chicken Breast
Spinach and Artichoke Stuffed Chicken Breast
Southern Style Chicken Thighs Baked not Fried
Grilled BBQ Chicken Breast
Grilled Pesto Chicken Breast
Chicken Souvlaki with Tzatziki
Chicken Parmesan
Creamy Bacon Chicken
Creamy Roasted Garlic Chicken
Roasted Turkey
Sweet & Sour Chicken
Sesame Chicken

Pork

Baked Ham
Korean BBQ pork meatballs
Cajun Rubbed Pork Tenderloin w Apricot Glaze
Apple Bacon Stuffed Pork Tenderloin
French onion stuffed pork loin
BBQ Ribs
Sweet & Sour Pork

Beef

Meatballs w Marinara (5)
Meat Lasagna
Beef Sirloin Sliced
Roast beef + Gravy
Meatloaf
Shepherds Pie
Cabbage Rolls (4)

Fish


Lemon Garlic Shrimp Skewers
Maple Soy Glazed Salmon
Walnut Crusted Salmon
Creamy Lemon Dill Salmon
Lemon Baked Cod
Manitoulin Rainbow Trout
Jambalaya with Shrimp, Chicken + Sausage
Pad Thai with Shrimp + Chicken

Vegetarian/Vegan

Baked Macaroni & Cheese
Roasted Vegetable & Lentil Pot Pie
Orzo Stuffed Peppers
Stuffed Acorn Squash
Mediterranean Stuffed Sweet Potato
Bruschetta Stuffed Portobello Mushrooms

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Sides

Vegetable

Sautéed Carrots, Zucchini + Green Beans
Roasted Zucchini + Bell Peppers
Roasted Carrots + Cauliflower
Corn Medley with Peppers, Onions + Broccoli
Roasted Brussel Sprouts
Honey Glazed Carrots
Roasted or Steamed Broccoli + Cauliflower
Roasted Root Vegetables + Squash
Chili Garlic Green Beans
Roasted Mushrooms + Red Onion

Rice

Rice Pilaf
Lemon Rice
Herbed Rice Blend
Jasmine rice
Brown rice
White rice
Vegetable fried rice



Potato

Scalloped potatoes
Baked lemon potatoes
Mashed Potatoes
Roasted Herb Potatoes
Sliced Potatoes + Onions
Sweet Potato Mash
Baked Potato – Sides are extra \$

Pasta

Penne Pasta w Marinara
Rotini Pasta w Vegan Pesto
Linguini w Alfredo
Buttered linguini or Spaghetti
Marinara linguini or Spaghetti

Cold Spring Rolls in Rice Paper

\$5 each


Shrimp Roll
California Roll
Veggie Roll
Veggie Mango Roll



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Salads- Starting at \$5/pp

Caesar Salad

Greek Salad

Garden Salad

Pear & Goat Cheese Salad w Walnuts

Strawberry Feta Salad w Pecans

Mandarin Spinach Salad: contains almonds

Classic Potato Salad

Spring Potato Salad

Broccoli Salad

Dill Pickle Pasta Salad

Coleslaw Pasta Salad

Rainbow Macaroni Salad

Rotini Greek Pasta Salad

Chopped Greek Chickpea Salad

Edamame Asian Crunch Salad: contains almonds


Roasted Vegetable Couscous Salad

Moroccan Cauliflower Couscous Salad: contains almonds



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