



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



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13 Manitowaning Rd, Little Current



705-618-7713



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Gluten-Free Options & Substitutions available

Trays

Meat & Cheese Tray

Small (7-10 people)	\$45 +hst
Medium (10-15 people)	\$52 +hst
Large (15-20 people)	\$67 +hst
X-Large (21-30 people)	\$78 +hst

Vegetable Tray

Small (7-10 people)	\$40 +hst
Medium (10-15 people)	\$45 +hst
Large (15-20 people)	\$60 +hst
X-Large (21-30 people)	\$70 +hst

Fruit Tray

Small (7-10 people)	\$40 +hst
Medium (10-15 people)	\$47 +hst
Large (15-20 people)	\$65 +hst
X-Large (21-30 people)	\$75 +hst

Traditional Sandwich Tray

10 sandwiches (2-3 variations)	\$47 +hst
15 sandwiches (3-4 variations)	\$70 +hst
20 sandwiches (5 variations)	\$90 +hst

Breakfast Tray \$3-\$4/piece

choice of an assortment of berry scones, muffins, lemon loaf, banana bread, etc

Dessert Tray \$3/piece

choice of an assortment of squares, brownies, bars, mini cheesecakes, cookies, etc

Small Bun Sandwich & Wrap Tray

10 sandwiches/wraps (2-3 variations)	\$60 +hst
15 sandwiches/wraps (3-4 variations)	\$90 +hst
20 sandwiches/wraps (up to 5 variations)	\$120+hst

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Breakfast & Brunch

Breakfast Graze Box \$14/ serving

Boiled or deviled eggs, cold ham, cheese + fruit,
freshly baked scones, banana bread + lemon loaf

Continental Breakfast \$8/ person

Bagels with cream cheese, jams + peanut butter
In-house-made muffins + scones
Fresh fruit tray

Breakfast Sandwiches + Fruit Salad \$11 / person

Egg, cheese + ham, bacon or sausage available on a
croissant, bagel, english muffin or in a wrap

Yogurt Parfait Build it Yourself Bar \$7.50/ person

Includes yogurt, homemade granola, fresh fruit,
raisins, chocolate, coconut, nuts



Hot Breakfast Buffet \$16/ person

PICK 1 ENTREE:

- Egg frittata : Spinach, onion, feta + sausage
- Scramble eggs
- Pancakes: Plain, Blueberry Oat or Pumpkin
(available gluten-free)

PICK 2 MEATS:

- Bacon (2 slices per person)
- Sausage (2 links per person)
- Ham (2 slices per person)

PICK 1 POTATO:

- Fresh cut grilled home fries
- Hash brown patties

PICK 1 FRESH FRUIT:

- Fruit Tray
- Fruit salad



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Catered Lunch

Cold Lunch Combos

Sandwich Combo \$18/person

- Choice of sandwiches
- Choice of salad OR soup
- Choice of dessert bar OR cookie

Wraps combo only \$20/ person

- Choice of wraps
- Choice of salad OR soup
- Choice of dessert bar OR cookie

Sandwich & Wrap combo \$19/ person

- Combination of sandwiches & wraps
- Choice of salad OR soup
- Choice of dessert bar OR cookie

Hot Lunch

Minimum 7 servings per order

Hot Beef on a Bun + Salad \$16/ person

Thinly sliced roast beef with caramelized onions, monteray jack cheese, horseradish and mustard. Comes with kaiser buns and your choice of salad: Pasta salad, garden salad or casear salad

Hot Lunch

Minimum 7 servings per order

Greek Chicken Plate \$24/ person

Marinated chicken, lemon potatoes, grilled vegetables, tzatziki sauce, Greek salad & naan bread

Asian Stir Fry \$21/ person

Sautéed beef or chicken with pan fried veggies + garlic ginger sauce. Includes vegetable fried rice, vegetable spring rolls & plum sauce

Beef or Veggie Lasagna \$20/ person

Lasagna, garlic bread with cheese + caesar or garden salad with dressings

Fajitas Chicken , Beef or Portobello

Mushrooms \$21/ person

Sautéed meat, peppers + onions in fajita sauce. Comes with rice , tortillas, salsa, sour cream, guacamole & tortilla chips



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BBQ Lunch Buffet \$22/ person

Includes: 1 Protein, 2 Salads, 1 Dessert + 1 Beverage

Choose 1 Protein

- 5oz Hamburger
- Sausage
- Grilled BBQ chicken breast
- Breaded chicken burger
- Jumbo hotdog
- Vegan beyond burger
- Vegan hotdog

All served with buns, condiments + toppings

Choose 1 Dessert

- Dessert square
- Cookie
- Mini cheesecake
- Mini layer cake
- Fruit kabob

Choose 2 Side Salads

- Broccoli salad
- Potato salad
- Dill pickle pasta salad
- Macaroni pasta salad
- Taco beef pasta salad
- Quinoa chickpea salad
- Caesar salad
- Garden or Greek salad
- Coleslaw
- Fruit salad

Choose a Beverage

- Bottled water
- Pop, diet + zero
- Iced tea + zero iced tea
- Bubbly flavoured water
- Apple juice, orange juice + fruit punch



**Gluten-Free, Vegan +
Vegetarian Substitutions
Available Upon Request**

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Sandwiches & Wraps

Wraps

- Chicken Caesar
- Buffalo Chicken Caesar
- Sweet Chili Chicken w Asian Slaw
- Greek Chicken
- Chicken Souvlaki
- Turkey or Chicken Club with Bacon
- Chicken Bacon Avocado Ranch
- Taco Beef
- Philly Steak
- Roast Beef
- Pork Souvlaki
- Dilly Chickpea (V)
- Cranberry Chickpea Salad (V)
- Falafel Greek (V)
- Assorted Vegetable with Hummus (V)
- Moroccan Chickpea Salad (V)

Gourmet Sandwiches

- Pastrami with Mustard & Pickle
- BBQ Chicken with Monterey Jack and Pickle
- Turkey Bacon Cheddar
- Turkey BLT
- Montreal Smoked Meat + Monterey Jack cheese
- Chicken Salad
- Egg Salad
- Roast Beef, Cheese, Greens + Horseradish Aioli

Sandwich Tray Sandwiches

Whole wheat or white bread

- Egg Salad
- Chicken Salad
- Tuna Salad
- Ham & Cheese + Mustard
- Roast beef, Lettuce + Mustard
- Turkey, Lettuce + Mayo
- Assorted Vegetable



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SOUP

- Broccoli Cheddar
- Chicken Noodle
- Chicken and Rice (GF)
- Creamy Chicken Pot Pie
- Turkey and Rice (GF)
- Mushroom and Wild Rice (V) (GF)
- Potato Leek (V) (GF)
- Potato, Bacon and Cheddar (GF)
- Cabbage Roll (GF)
- Cream of Mushroom (GF)
- Carrot Ginger (V) (GF)
- Roasted Butternut Squash (V) (GF)
- Beef Barley
- Hamburger Tomato Macaroni
- Sausage Tortellini
- Hearty Vegetable (V) (GF)
- Pumpkin Wild Rice (V)
- Tomato Basil (V) (GF)
- Creamy Tomato (GF)
- Tomato Roasted Red Pepper (V) (GF)
- Split Pea and Mam (GF)
- Beef Vegetable (GF)
- Tortilla Lentil (V) (GF)
- Lentil Vegetable (V) (GF)



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Bowls starting at \$17

Minimum order 5 bowl/salad per selection

Chicken Fajita Bowl (GF)

Cilantro lime rice, mixed greens, sauteed peppers + onion, tomato, guacamole, feta cheese, pumpkin seeds, marinated chicken breast, creamy salsa dressing

Greek Chicken Bowl (GF)

Quinoa, mixed greens, marinated chicken, kalamata olives, green pepper, cucumber, tomato, red onion, feta cheese, tzatziki + Greek dressing

Greek Marinated Salmon Bowl (GF)

Quinoa, mixed greens, marinated salmon, chickpeas, kalamata olives, green pepper, cucumber, tomato, red onion, feta cheese, tzatziki + Greek dressing

Beef Burrito Bowl (GF)

Rice, corn, beans, salsa, guacamole, seasoned beef, cheese, sour cream

Strawberry Feta Salad with Chicken

Mixed greens, seasoned chicken, strawberries, red onion, cucumber, roasted butternut squash, feta cheese, pecans, pumpkin seeds, creamy balsamic dressing

Bang Bang Shrimp Rice Bowl (GF)

Jasmine rice, shrimp tossed in sweet chili mayo, cucumber, edamame, pickle carrot, pickled daikon radish, pickled ginger, sesame seeds, maple ginger tamari sauce, sriracha mayo

Tofu Poke Bowl (GF/V)

Sticky pan fried tofu, jasmine rice, cucumber, edamame, radish, pickled carrot, pickled daikon radish, sesame seeds, vegan sriracha mayo, maple ginger tamari sauce

Sweet Chili Chicken Noodle Bowl

Sweet chili chicken tenders, whole wheat noodles, spinach, carrot, cucumber, cilantro, peanuts, peanut sauce-available Vegan



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Bowls (continued)

Minimum order 5 bowl/salad per selection

Korean Steak Bowl (GF)

Jasmine rice, marinated steak, kimchi, cucumber, edamame, pickled carrot, pickled daikon radish, sesame seeds, gochuchang mayo, tamari sauce

Roasted Carrot & Beet Salad with Chicken (GF)

Mixed greens, roasted carrot, roasted beets, candied nuts & seeds, crunchy chickpeas & honey vinaigrette

Vietnamese Pork Noodle Bowl

Rice noodles, lemongrass pork, romaine lettuce, cucumber, carrot, bean sprouts, cilantro, mint, basil, peanuts, veggie spring roll, nuoc cham sauce

Moroccan Chicken & Cauliflower Bowl (GF)

Quinoa, kale, seasoned chicken, roasted cauliflower, pomegranate, golden raisins, sliced almonds, avocado herb dressing

Cobb Salad (GF)

Romaine, egg, chicken, bacon, tomato, red onion, cucumber, honey Dijon vinaigrette

Jerk Chicken & Rice Bowl

Coconut rice, roasted jerk chicken, grilled pineapple, charred red pepper, roasted red onion, butternut squash, mango dressing

Big Mac Salad (GF)

Romaine, beef, pickles, cheese, onion, tomato, big mac dressing

Steak & Goat Cheese Salad

Mixed greens, grilled steak, roasted mushrooms, red onion, roasted red peppers, cucumber, pumpkin seeds, goat cheese, creamy balsamic dressing



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Buffet Packages & Pricing

1 entrée, 1 side + 1 salad	\$22
1 entrée, 2 sides + 1 salad	\$26
1 entrée, 3 sides + 1 salad	\$29
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



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
Stuffed Jumbo Shells (contains pork)
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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Hors d'oeuvre

\$2.50/piece

- Mini twice baked baby potatoes
- Deviled eggs
- Wonton cups chicken or veggie
- Spinach + artichoke pinwheels
- Antipasto skewers
- Bruschetta tomato or mushroom
- Caprese skewers: tomato, cheese + basil
- Fruit kababs
- Veggie hummus cups
- Cold rainbow veggie crescent roll pizza

\$3.00/piece

- Prosciutto wrapped pear
- Prosciutto, brie & melon
- Steak + arugula baguette
- Cheese stuffed mushrooms
- Crab stuffed mushrooms
- Salmon cakes
- Shrimp + avocado mini tarts
- Red pepper jelly & brie mini tarts
- Cranberry brie mini tarts
- Broccoli + cheese stuffed mini peppers
- Smoked salmon with cream cheese mini bagels
- Thai chicken satay w peanut sauce
- Tea sandwiches
- Bacon + blue cheese puff pastry

Charcuterie Cups

(Starting at \$7 - \$15 each)

Price based on size & inclusions:
vegetables, fruits, meat, cheese, etc.



**GLUTEN
FREE**

**Gluten-Free Options &
Substitutions available**

Beverages

- Coffee + Tea \$2.00 person
- Pop, Flavoured Water, Iced Tea \$2 each
- Bottled Juice \$2 each
- Bottled Water \$1 each



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Dessert Trays

Assorted Squares \$3/piece

- Strawberry Oat Bar
- Marshmallow Confetti Square
- Date Square
- Brownies
- Smore's Bar
- Cranberry & White Chocolate cookie bar
- Lemon Square
- Fudge Oat Bar
- Mini Strawberry Shortcakes



Mini cheesecake \$3/piece

- Caramel Apple
- Blueberry Lemon
- Cherry
- Chocolate
- Plain



Two-bite Mini Cake \$3/piece

- Topped with white or chocolate buttercream or whipped topping





Cakes: Vanilla Sponge, Chocolate, Funfetti

Our pricing is based on our housemade whipped cream icing with seasonal fruit toppings. Buttercream and custom writing will cost extra. please inquire directly. Prices are also subject to hst.

	One-Layer	Servings (2x3"pcs)	2-Layers	Servings (2x2"pcs)
8-Inch round	\$30 (GF+\$5)	6	\$60 (GF +\$10)	12
9"x13" rectangle	\$72 (GF+\$7)	16	\$108 (GF+\$10)	24
12"x18" sheet	\$153 (GF+\$15)	36	\$230 (GF+\$15)	54
16 x 24" sheet	\$256 (GF+\$20)	64	\$408 (GF+20)	96

GF= Gluten-Free



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Cakes: Black Forest Cake & Carrot Cake

Prices are also subject to hst.

	One-Layer	Servings (2x3"pcs)	2-Layers	Servings (2x2"pcs)
8-Inch round	\$36 (GF+\$5)	6	\$77 (GF +\$10)	10
9"x13" rectangle	\$78 (GF+\$7)	16	\$114 (GF+\$10)	24
12"x18" sheet	\$162 (GF+\$15)	36	\$243 (GF+\$15)	54
16 x 24" sheet	\$288 (GF+\$20)	64	\$432 (GF+20)	96



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Specialty Desserts

Baked Cheesecake \$70 (12 servings)



**Pecan Sticky Buns
\$45 for 9 minimum**



Pies \$25/pie (8"inch/8pieces)



- Apple
- Blueberry,
- Cherry,
- Raisin
- Pumpkin

Swiss Roll \$55

choice of vanilla or chocolate sponge



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