



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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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

Sandwich Tray

10 sandwiches (2-3 variations)	\$47 +hst
15 sandwiches (3-4 variations)	\$68 +hst
20 sandwiches (5 variations)	\$85+hst

Breakfast Tray

\$3/piece

choice of an assortment of mini scones, muffins, biscotti, date squares, banana bread, etc

Dessert Tray

\$3/piece


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

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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Sandwiches & Wraps

Wraps

- Chicken Caesar
- Taco Beef Wrap
- Moroccan Chickpea Salad Wrap
- Greek Chicken wrap
- Chicken Souvlaki wrap
- Falafel Greek Wrap
- Greek Chicken wrap
- Turkey or Chicken Club with Bacon
- Chicken Bacon Avocado Wrap
- Assorted Vegetable with Hummus
- Moroccan Chickpea Salad Wrap
- Philly Steak Wrap

Gourmet Sandwiches

assembled on a brioche or ciabatta bun with garnish

- Pastrami with mustard & pickle
- BBQ Chicken with Monterey Jack and pickle
- Turkey Bacon with cheddar
- Montreal Smoked meat with Monterey Jack cheese
- Chicken Salad with Dijon

Sandwiches

assembled on whole wheat or white bread


- Egg Salad
- Chicken Salad with Grapes
- Tuna Salad
- Ham & Cheese
- Assorted Vegetable



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Dessert Trays

Assorted Squares \$3/piece

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



Mini cheesecake \$3/piece

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




Two-bite Mini Cake \$3/piece

- Topped with white or milk chocolate icing or whipped topping



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