

PREP'T MENU

Students who love to cook for students who love to eat.

SALADS & SIDES

HERBED CARROT SOUP gf,df
16oz decadent blend of honey-roasted carrots, butternut squash, apples, spice medley, olive oil **10**

CHICKPEA FARRO df
16oz farro salad with arugula, mediterranean marinated chickpeas, cucumber, artichokes, bell pepper w/ housemade dijon dressing **10**

FETA ORZO
16oz refreshing pasta salad with feta, cucumber, kalamata olives, topped with asparagus tips, fresh parsley w/ housemade dijon dressing **9**

FIG BALSAMIC BRUSSELS gf,df
crispy roasted brussel sprouts finished with a fig balsamic glaze **7**
*add toasted slivered almonds +1

PERFECT PESTO* gf
6oz blended fresh basil, toasted pine nuts, grated parmesan, garlic and olive oil **6**

PREP'T OATS* df
8oz seasonal oats with chia seeds and peanut butter, topped with cooked cinnamon apples **5**

SWEETS

MAPLED DARK CHOC BANANA BREAD
half a loaf of rich maple browned butter and dark chocolate chip banana bread made with oat flour **9**

RASPBERRY CHIA COMPOTE gf,df
6oz perfectly tart jam, sweetened with honey and balanced with lemon juice **5**

SANDWICHES

PROSCIUTTO CIABATTA*
prosciutto, fresh mozzarella, arugula, roasted red peppers, w/ our pesto on ciabatta bread **10**

TURKEY GOUDA
roasted turkey breast, smoked gouda, arugula, with fig jam on toasted sourdough **10**

gf = gluten-free df = dairy-free *contains nuts

HOW IT WORKS

Place your order through instagram DM @prepttogo
or
email prepttogo@gmail.com

Allow 1-3 days for pick-up

You will receive a **confirmation** for pick-up time and place

Payment is through **Venmo** (@prepttogo) once the order is confirmed

THE PREP'T EFFECT

Having home-cooked, whole ingredient food ready to satiate you when your stomach starts to rumble.

MEET THE CHEFS

MEET THE CHEFS ON INSTAGRAM

Ariana (@eatsofariana) and Sophia (@sliceofsophie)



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