PREPPED: by Design Cuisine

Prepped was created to serve corporate professionals and home entertainers who seek quality and balance in their diet while catering to the eclectic tastes of their colleagues and friends.

True to its name, all dishes are Prepped by Design Cuisine chefs using high quality ingredients to create a quick service buffet that looks, and tastes, like full service catering.

Satisfying. Sophisticated. Trending.
#preppedbydesign

To Order Call 703.544.0660
or Email Prepped@DesignCuisine.com
# Breakfast

Items are priced per person, with a minimum order of 10.

## Bakery

### Breakfast Breads | $2.75
Pick one:
- Banana walnut
- Raisin carrot
- Raspberry almond
- Zucchini carrot
- Pecan glazed coffee cake

### Muffins | $3.25
Pick one:
- Blueberry crumble
- Cranberry crumble
- Challah french toast
- Lemon poppy

### Assorted Mini Muffins | $2.25
Peach | Apple | Blueberry

## Eggs

### Croissant Sammys | $7
- Egg & cheese
- *With choice of meat | $9
  - Bacon, sausage or chicken sausage

### Whole Quiche | $30
- Tomato & mozzarella
- Spinach & bacon
- Shallot & mushroom

### Petite Quiche | $4
- Kale & mushroom
- Bacon, shallot & gruyere

## Fruit, Granola & Yogurt

### Three Berry Bowl | $5.50
- Low-fat yogurt

### Parfait | $5.25 (GF)
- Greek yogurt | Housemade granola | Seasonal fruit

### Individual Yogurts | $3
- Assorted flavors | Low-fat yogurt

### Kind Bars | $3
- Assorted flavors

## Individual

### Power Breakfast Box | $11
- Hard boiled egg | Artisan cheese | Dried fruit
- Peanut butter | Whole grain scone | KIND bar

### Assorted Danish | $3.75
- Cheese | Apricot | Cherry

### Cinnamon Raisin Buns | $3.75
- Vanilla icing

### Cranberry Scones | $3.75
- Lemon zest | Cranberries | Toasted walnuts

### Sticky Buns | $3.75
- Brown sugar | Butter | Cinnamon | Pecans

### Assorted Croissant Donuts | $4.75
- Nutella | Pastry cream | Seasonal jam

### Strudel | $3
Pick one:
- Apple
- Cherry

### Kind Bars | $3
- Assorted flavors

### Gluten Free Breakfast Box | $11 (GF)
- Chicken salad crepes | Hard boiled egg | Chocolate coconut bar | Orange & mint salad

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# Green Salads

**FOUR GREENS | $4 (GF)**
tomato | cucumber | onion | black olives
cheddar | artichoke | balsamic vinaigrette

**AUTUMN BEET | $5 (GF)**
arugula | candied walnuts | fourme d'ambert
champagne vinaigrette

**CAESAR | $4**
romaine | croutons | parmesan | caesar dressing

**CANDIED WALNUT | $4 (GF) (V)**
mixed greens | dried cranberries
champagne vinaigrette

**CHOPPED KALE | $4**
cherries | blueberries | grapes | walnuts
tomatoes | blush wine vinaigrette

**TOSSED Romaine | $4 (GF) (V)**
cucumber | carrot curls | tomato | white mushroom
herb vinaigrette

**GREEK | $4 (GF)**
tomatoes | cucumber | red onion | feta
kalamata olives | oregano vinaigrette

**WEDGE | $6**
 iceberg | applewood bacon | roquefort | tomato
egg | herb dressing

# Starch & Grain Salads

**APPLE WALNUT QUINOA | $4 (GF) (V)**
gouda | dried cranberries | fennel
sherry vinaigrette

**BLACK BEAN & QUINOA | $4 (GF) (V)**
jalapeño | jicama | plum tomatoes
spring onion | cucumbers | lime juice | cilantro

**COUSCOUS & MINT | $4 (V)**
parsley | garlic | scallions | tomato

**TANGERINE & WILD RICE | $4 (GF) (V)**
black currants | almonds | sweet red pepper
tangerine vinaigrette

**ROASTED POTATO SALAD | $4 (GF) (V)**
red potatoes | yellow peppers | basil

**SOUTHERN POTATO SALAD | $3 (GF)**
hard cooked eggs | celery | mayonnaise

**LEMON PEPPER PRIMAVERA | $4**
bow tie pasta | zucchini | broccoli | sugar snap peas
peppers | lemon zest

**ASIAN NOODLE SALAD | $6 (GF) (V)**
soba noodles | carrots | zucchini | snow peas
water chestnuts | orange-sesame dressing

# Protein Salads

**COUNTRY CHICKEN SALAD | $8 (GF)**
celery | onion | light herb mayonnaise | baby greens

**SALMON NIÇOISE | $17 (GF)**
green beans | new potatoes | peppers
nicoise olives | tomatoes | shallot vinaigrette

**THAI BEEF SALAD | $13**
carrots | zucchini | peanuts | dried apricots
bok choy | sesame dressing

**SHRIMP SALAD | $15 (GF)**
scallions | celery | mushrooms | red pepper
creme fraiche-dill dressing
LUNCH
items are priced per person, with a minimum order of 10

SANDWICHES | $9

CHICKEN SALAD CREPES (GF)
fontina | apples | celery | creamy dressing

GRILLED CHICKEN WRAP
avocado | alfalfa sprouts | tomato
roasted peppers | fontina cheese | saffron aioli

ROASTED TURKEY BREAST
havarti | lettuce | tomato | mayonnaise

SMOKED TURKEY BREAST
brie | arugula | apricot mustard | baguette

GRILLED APPLE
tomato | white cheddar | bacon jam | rye

HONEY-BAKED HAM & SWISS
tememtheraler cheese | pumpernickel roll

ITALIAN
salami | mortadella | provolone | olive tapenade
rustic bread

ROAST BEEF & BRIE
onion chutney | foccacia

CHOPPED EGG SALAD
bibs lettuce | gouda | tomato | wheat bread

CALIFORNIA SPANISH
avocado | artichoke hearts | tomato | spinach
sprouts | red peppers | chive cream cheese

GRILLED PEPPERS
portobellos | onion | fresh mozzarella | spinach
pesto mayonnaise | ciabatta

CLASSIC TUNA SALAD
sprouts | tomato | swiss cheese | croissant

SMOKED SALMON SPANISH
onion | red pepper | capers | dilled cream cheese

GRAB & GO

BOXED LUNCH | $15
choice of sandwich, with bag of chips, chocolate chip cookie & bottled water

SOUP

CORN CHOWDER | $5 (GF)
potatoes | onion | celery

BUTTERNUT SQUASH SOUP | $6 (GF) (V)
bosc pears | coriander chili chutney

WILD MUSHROOM BISQUE | $6 (GF)
chanterelles | shiitake | cream | fresh herbs

CHICKEN NOODLE | $7
wide egg noodles | vegetables

LOBSTER BISQUE | $8.25 (GF)
cream | fresh herbs | sherry

SNACKS

CRUNCHY | $2.50
pick one:
cheddar popcorn (GF)
small knot twist pretzels
market street lightly salted chips
terra chips (GF)

PREMIUM | $4
lavosh | crispy flatbread | pistachios | hazelnuts | sea salt
soft pretzels | horseradish dijon dip

DRINKS | $2

HOT
regular or decaf coffee | cream | sugars
**only available for deliveries after 8am

COLD
coca cola | diet coke
sprite | ginger ale
bottled water | lemon iced tea
apple juice | cranberry juice

FRESH SQUEEZED JUICE | $18 per gallon
orange | grapefruit
GRAZE
CRUDITÉ $9 (GF)
fresh cut vegetables | garlic dill dip | hummus

DOMESTIC CHEESE BOARD $9
fresh grapes | crackers

SEVEN LAYER AVOCADO TERRINE | $9 (GF)
sour cream | refried beans | scallions | olives | tomatoes | chilies | cheddar & jack cheeses | blue & gold corn tortilla chips

TURKISH MEZZE | $9
baba ghanouj | feta cheese | olives | dolmas

ANTIPASTO | $14 (GF)
italian meats & cheeses | artichoke hearts | olives | peppers | grilled vegetables

ONE BITE HORS D’ŒUVRES | PER DOZEN

CHERRY DUCK IN PUFF PASTRY | $26
bel paese | dried cranberries | hazelnut syrup

PAPER CHICKEN | $28
asian spices | phyllo wrap | lemongrass aioli

ONE POTATO TWO | $21 (GF)
maple sugar bacon | cheddar

BEEF CURRY DIM SUM | $30
chili | soy sauce | oyster sauce | onion

SESAME CRUSTED CRAB CAKES | $30
jalapeño aioli

GRILLED SHRIMP | $32 (GF)
pernod | tarragon | fennel | anise aioli

HARVEST PUMPKIN PICK | $21 (GF)
bocconcini | basil | roast pumpkin

STUFFED CHERRY TOMATOES | $24 (GF) (V)
edamame hummus

TOMATO TARTLETTES | $24
plum tomato | italian cheeses | fresh basil

VEGGIE DUMPLINGS | $24
edamame | carrot | mushroom | cabbage | tamari scallion sauce

SIDES

POTATO TRUFFLE CASSEROLE | $6.75 (GF)
onion | aromatics | cream | black truffles

GARLIC MASHED POTATOES | $5 (GF)
creme fraiche | butter

FOUR CHEESE PENNE PASTA | $6
porcini mushrooms | sun-dried tomatoes | sherry cream sauce

NUTTY KALE PENNE | $6
whole wheat penne | lacinato kale | almonds | parmesan cheese

APPLE WOOD BACON MAC & CHEESE | $6.75
orrechiette pasta | white cheddar | scallion

GRILLED VEGETABLES | $5.25 (GF) (V)
zucchini | eggplant | tomato | peppers | carrots | navet | squash

SESAME VEGETABLES | $5.25 (V)
bell peppers | snow peas | water chestnuts | carrots | enoki mushrooms

ROASTED ROOT VEGETABLES | $5.25 (GF) (V)
garlic | balsamic | fresh aromatic herbs

BAKED BUTTERNUT SQUASH | $5.75 (GF)
vermont maple syrup | currants | nutmeg

ROASTED BRUSSELS SPROUTS | $5.25 (GF) (V)
maple butter

CHARRED BROCCOLI | $5.25 (GF)
chipotle lime butter | queso fresco

SWEET CORN CUSTARD | $5.75
sweet corn purée | cream | eggs | sugar

BREADS | $15 PER DOZEN

MINI CORN MUFFINS
PARKER HOUSE ROLLS
CHEDDAR DROP BISCUITS
SOUTHERN BUTTERMILK BISCUITS
SUN-DRYED TOMATO FOCCACIA BREADSTICKS
ENTREES
items are priced per person, with a minimum order of 10

CHICKEN

CHICKEN BUZARO | $12 (GF)
tomato & white wine sugo | grilled eggplant
charred tomatoes | marinated feta

TAOUK GRILLED CHICKEN | $12 (GF)
grilled tomatoes | charred red peppers | onion
chickpeas | sumac | tzatziki | mint

YUCATAN CHICKEN | $12
sour orange | ancho chilies | baby sweet potato
pecan panko crumbs

HERB ROASTED CHICKEN | $11 (GF)
wilted arugula | blackberry pan reduction

MAHOGANY GRILLED CHICKEN | $11
caribbean spices | corn | black beans | bbq sauce

AZTEC CHICKEN | $12 (GF)
black olives | capers | plum tomatoes
caramelized onions | avocado-pumpkin seed salsa

MISO CHICKEN | $12
white miso | soy | sesame oil | lo mein
ginger-cilantro teriyaki sauce

VEGETARIAN

GENERAL TSO SEITAN | $13 (V)
wheatberry pilaf | cauliflower purée
caper-raisin dressing | frizzled shallots | vegan

MOROCCAN SPICED CHICK PEA CAKES | $11 (GF) (V)
seasonal vegetables | coconut curry-squash sauce
dates | apricot | ginger | toasted almonds
vegan | gluten free

SZECHUAN EGGPLANT | $12 (GF) (V)
purple sticky rice | tofu | baby turnips | snow peas
soy broth | vegan | gluten free

EGGPLANT PARMESAN | $10
breaded eggplant | marinara | parmesan
mozzarella cheese

MEAT

GRILLED TENDERLOIN | $20 (GF)
chimmichuri sauce

BEER BRAISED SHORT RIB | $16 (GF)
roasted potatoes

GRILLED FLANK STEAK | $17.50
champagne mustard | pepper chutney
assorted rolls

BRAISED BEEF BRISKET | $18 (GF)
braised leek | fennel | burgundy-orange sauce

BEEF KABOBS | $14
teriyaki | orange zest | sherry | spinach | mushrooms

MEMPHIS STYLE PULLED PORK | $16
brown sugar barbecue sauce | cabbage slaw
potato buns

VIRGINIA HONEY-BAKED HAM | $15
spiral sliced | mustards | cheddar drop biscuit

SEAFOOD

GRILLED CARIBBEAN SALMON | $14
pineapple | plantain | sweet potato salad
jamaican mojo dressing

GRILLED TANGO SALMON | $12
ginger sesame broccoli salad | sesame dressing
prawn crackers

HICKORY BBQ GRILLED SALMON | $12
yellow tomato | cucumber | horseradish cream
apple onion confit

PESTO GRILLED SALMON | $12 (GF)
lemon roasted broccoli | walnut-arugula pesto

BROILED CRAB CAKES | $16
sweet corn salad | remoulade sauce

GRILLED SHRIMP | $16
couscous salad | lemon butter

SHRIMP ROMESCO | $16
almonds | tomatoes | ancho chilies | wilted spinach
DESSERTS
items are priced per whole pie, or per dozen

WHOLE CAKES & PIES

OLD FASHIONED COCONUT CAKE | $42
 genoise layer cake | swiss meringue

TRADITIONAL PUMPKIN PIE | $18
 short crust | spiced custard | whipped cream

TRADITIONAL APPLE PIE | $44
 apples | cinnamon | brown sugar

CHOCOLATE CHESTNUT TORTE | $52
 layered fudge cake | chestnut cream | raspberry coulis

APPLE CRANBERRY RUSTIC TART | $36
 pastry crust | cinnamon | almond struesel

FRESH FRUIT TART | $39
 cream patisserie | raspberries | seasonal fruit

LEMON CURD TART | $26
 powdered sugar

CHOCOLATE RASPBERRY MARQUISE | $58
 dark chocolate layer cake | chocolate ganache filling | fresh raspberries

NUTELLA CHOCOLATE SWIRL CHEESECAKE | $50
 chocolate cookie crust

SALTED CARAMEL CANDY BAR | $52
 caramello chocolate | hazelnut crust

FLOURLESS CHOCOLATE TORTE | $48 (GF)
 milk chocolate mousse | whipped cream

GLUTEN FREE APPLE PIE | $36 (GF)
 spiced apples | lattice top

PICKUP SWEETS | $18 PER DOZEN
pick one:
 s’mores tartlette
 blissful brownies
 coconut cake squares
 mini apple rustic tarts
 rocky road squares (GF)
 mini lemon meringue tarts
 cheesecake squares
 seven layer bars
 scotcheroo diamonds
 coconut macaroons (GF)

SWEETS BOXES | PER DOZEN

MINI BUTTER CREAM FROSTED CUPCAKES | $26
 pick two:
 yellow cake | chocolate cake | lemon pudding cake | red velvet

MINI FRENCH PASTRIES | $24
 napoleans | eclairs | fruit tartlettes | profiteroles
 linzer bars | lemon curd bars

ASSORTED BARS | $24
 ginger-shortbread | applesauce praline | raspberry linzer
 lemon curd | marble cheesecake

OLD FASHIONED COOKIES | $18
 chocolate chip | white chocolate macadamia
 oatmeal raisin | toffee crunch | double chocolate
 walnut-cranberry | peanut butter | sugar

GLUTEN FREE PASTRIES | $28 (GF)
 fig thumbprint cookie | raspberry hazelnut bar
 almond butter brownies

CHOCOLATE DIPPED STRAWBERRIES | $18 (GF)
 white | milk | dark chocolate dipped
TO ORDER
email prepped@designcuisine.com
call 703.979.9400

THE FINE PRINT
$120 order minimum
all orders must be submitted and accepted with 72 hours notice
$66 delivery fee in dc metro area
you may avoid this fee by scheduling a pickup from our commissary 12pm-7pm
all food is sent cold on disposable black plastic platters or in alluminum pans
a completed credit card authorization form must be submitted at time of order
some foods may be raw, undercooked, or
lightly cooked. consuming these foods may cause food-borne illness in children, pregnant
women, the elderly, and persons with weakened immune systems
note: many items on this menu are prepared in a facility that may process peanuts, nuts,
shellfish, or other potential allergens
our gluten sensitive menu items are prepared in a common kitchen with the risk of gluten
exposure. customers with gluten allergies and sensitivities should exercise discression.

CREDIT CARD AUTHORIZATION
I hereby authorize National Food Enterprises, trading as Design Cuisine, to charge the
following credit card for items selected in menu plus tax, and delivery:

credit card number:
expiration:
cvv security code:
name as it appears on the card:
billing address of cardholder:

Signature: Date:
Once your card is charged, your order has been completed.
A receipt will be sent to you via email. Order processing may take up to two business days.

FOR OFFICE USE ONLY
CIS# SYNERGY# TOTAL: