



PREPPED
BY DESIGN CUISINE

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



PREPPE D
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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

HARD BOILED EGGS | \$16 dozen (GF)

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

CROISSANTS | \$3.50

pick one:

traditional
chocolate
almond

SAVORY BISCUITS | \$3.25

pick one:

honey ham raisin scones
smoked turkey scones
country sausage biscuits
smoked salmon black pepper biscuits

ASSORTED BAGELS & SCHMEARS | 3.25

plain | cinnamon raisin | sesame
butter | plain & light veggie cream cheese

ASSORTED POWER BARS | \$6 (GF) (V)

peanut butter oat | ancient grain
dark chocolate coconut

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

PETITE QUICHE | \$4

kale & mushroom
bacon, shallot & gruyere

SEASONAL FRUITS & BERRIES | \$4.75 (GF) (V)

WHOLE FRUIT ASSORTMENT | \$1.75 (GF) (V)

bananas | oranges | apples

HOUSEMADE GRANOLA | \$2.50 (GF)

2% milk

GLUTEN FREE BREAKFAST BOX | \$11 (GF)

chicken salad crepes | hard boiled egg
chocolate coconut bar | orange & mint salad



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LUNCH

items are priced per person, with a minimum order of 10

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

VEGETABLE SALADS

CAPRESE | \$5 (GF)

tomato | buffalo mozzarella | basil | sea salt
pink peppercorn | olive oil

MARINATED CUCUMBER | \$4 (GF)

feta | red onion | dill vinaigrette

CITRUS GREEN BEAN | \$5 (GF) (V)

orange zest | onion | orange segments
mustard-balsamic vinaigrette

CHOPPED VEGGIE | \$8 (GF) (V)

tomatoes | cucumber | carrots | asparagus
snap peas | broccoli | avocado | beets | edamame
baby greens | olives | citrus vinaigrette

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



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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

emmenthaler cheese | pumpernickel roll

ITALIAN

salami | mortadella | provolone | olive tapenade
rustic bread

ROAST BEEF & BRIE

onion chutney | focaccia

CHOPPED EGG SALAD

bibb lettuce | gouda | tomato | wheat bread

CALIFORNIA SPIRAL

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 SPIRAL

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



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ENTERTAINING

items are priced per person, with a minimum order of 10, or per dozen

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'OEUVRES | 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)

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-DRIED TOMATO FOCACCIA BREADSTICKS



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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 PEAS | \$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 chiles | wilted spinach



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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 MARQUIS \$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
scotcharoo 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



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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 aluminum 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 discretion.

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: