$$\mathsf{Fun}(\mathbf{C}^{\mathrm{op}}, \mathbf{Cat})$$

$$(-)^\sharp \left\uparrow \dashv \right\downarrow \dashv \left\uparrow (-)^\flat$$

$$\mathsf{LFun}(\mathbf{C}^{\mathrm{op}}, \mathbf{Cat})$$