FAST FRESH foods

salad fax order sheet

customize your salad by filling in the appropriate boxes. when complete, fax your order to desired pick-up location then call to confirm your order. for lunchtime orders, please fax your order by 11:30 am and pick up by 11:50 am. we cannot guarantee the completion of orders received after 11:30 am.

richmond-adelaide centre:	t. 416 703 7332	f. 416 703 0640
SickKids research tower:	t: 416 593 7374	f. 416 593 7370
waterpark place:	t: 416 703 7374	f. 416 703 7674
commerce court:	t. 416 603 7374	f. 647 439 6295
79 yonge street:	t. 416 916 4742	f. 647 435 3101
eaton centre:	t. 416 901 2165	f. 647 350 2165
king street:	t. 416 363 7374	f. 416 363 5464
TD centre:	t: 647 346 2003	f: 416 861 1679

date: _____

contact name: _____

contact #: _____

company _____

custom salads

1 choose a base

2 small - fill with 4 non-charge toppings; regular - fill with 5 non-charge toppings; large - fill with 7 non-charge toppings

3 finish with a dressing

☐ small ○ romaine ○ spring mix ○ spinach ○ iceburg ○ house blend ○ kale +$1 ○ quinoa
☐ regular 1 _____ 4 _____ 7 _____ extra charge item: _____
☐ large 2 _____ 5 _____ dressing _____ extra charge item: _____
name 1: _____ 3 _____ 6 _____ toss: yes no extra charge item: _____

☐ small ○ romaine ○ spring mix ○ spinach ○ iceburg ○ house blend ○ kale +$1 ○ quinoa
☐ regular 1 _____ 4 _____ 7 _____ extra charge item: _____
☐ large 2 _____ 5 _____ dressing _____ extra charge item: _____
name 2: _____ 3 _____ 6 _____ toss: yes no extra charge item: _____

☐ small ○ romaine ○ spring mix ○ spinach ○ iceburg ○ house blend ○ kale +$1 ○ quinoa
☐ regular 1 _____ 4 _____ 7 _____ extra charge item: _____
☐ large 2 _____ 5 _____ dressing _____ extra charge item: _____
name 3: _____ 3 _____ 6 _____ toss: yes no extra charge item: _____

☐ small ○ romaine ○ spring mix ○ spinach ○ iceburg ○ house blend ○ kale +$1 ○ quinoa
☐ regular 1 _____ 4 _____ 7 _____ extra charge item: _____
☐ large 2 _____ 5 _____ dressing _____ extra charge item: _____
name 4: _____ 3 _____ 6 _____ toss: yes no extra charge item: _____

☐ small ○ romaine ○ spring mix ○ spinach ○ iceburg ○ house blend ○ kale +$1 ○ quinoa
☐ regular 1 _____ 4 _____ 7 _____ extra charge item: _____
☐ large 2 _____ 5 _____ dressing _____ extra charge item: _____
name 5: _____ 3 _____ 6 _____ toss: yes no extra charge item: _____

classic salads

indicate **number** of each classic salad in appropriate box

cobb	regular	large	chicken caesar	regular	large	asian chicken	regular	large	nicoise	regular	large	feta	regular	large
	☐	☐		☐	☐		☐	☐		☐	☐		☐	☐

salad base

romaine
spring mix
baby spinach
iceberg

house blend
1/3 romaine
1/3 spring mix
1/3 baby spinach

kale +$1
quinoa (only available in regular size)

non-charge toppings

market vegetables
beets
broccoli
capers
carrots
celery
cherry tomatoes
chick peas
cucumber
fresh mushrooms
fresh peppers
fresh tomato
green peas
grilled eggplant
kalamata olives (with pits)
kidney beans
lentils
red onion
roasted corn

fruits, nuts, crunch etc.
almonds
apple
crispy asian noodles
dried cranberries
home-style croutons
mandarin orange
pumpkin seeds
quinoa
sunflower seeds

cheeses & egg
cheddar
feta
soya mozzarella
crumbled egg

premium toppings

market vegetables
avocado +$1
portobello mushroom +$1
sun-dried tomato +$1

cheeses & nuts
blue +$1
goat +$1
parmesan +$1
candied pecans +$1

protein
tofu +$1
tuna +$1
bacon bits +$1
grilled chicken breast +$1.99
roasted turkey +$1.99

gourmet dressings

full flavour
caesar d g
mediterranean d
poppyseed d
ranch d

d = contains dairy
g = contains gluten

lighter options
asian (light) g
balsamic vinaigrette
herbal vinaigrette
honey mustard (fat-free)
japanese soy (light) g
lemon juice (fat-free)
raspberry vinaigrette (fat-free)