serving you the highest quality foods using the freshest and purest ingredients. all our food is prepared daily by our chefs - straight from our kitchen to you.

feel good about what you eat.

2 easy ways to order

phone for deliveries:

between front street and richmond street 416-60-FRESH (37374) between richmond street and edward street 416-901-2165 north of edward street 416-59-FRESH (37374) south of front street 416-70-FRESH (37374)

fax:

convenient fax order form available in the catering section at: www.fastfreshfoods.ca



no delivery charge for orders within delivery area between university avenue and church street, south of college

minimum \$50 order before taxes for free delivery (there is a \$6 delivery charge for orders less than \$50)

we accept visa, mastercard and corporate accounts.

Please call by 3 pm on the business day before. we will do our best to accommodate last minute orders.

prices and menu items subject to change.

all of our containers and utensils are either





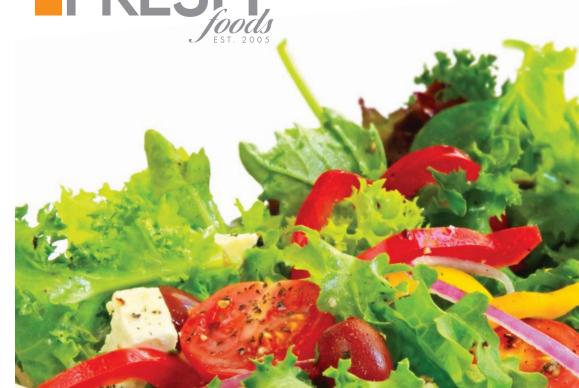


for further information and fax order sheets please visit:

www.fastfreshfoods.ca







quinoa \$3400

quinoa cherry tomatoes beets corn (non-GMO) cheddar cheese pumpkin seeds balsamic vinaigrette

chicken caesar

romaine lettuce grilled chicken breast bacon bits parmesan cheese home-made croutons caesar dressing

\$4200

asian \$39⁹⁹ chicken

romaine lettuce
grilled chicken breast
almonds
crispy oriental noodles
mandarin oranges
broccoli
green peas
asian dressing

choose from our six classic salads, made with the freshest lettuce and a variety of delicious toppings. each salad serves 8 - 10 people.

please note, these are catering size salads which are larger than the salads served in the store.



garden \$29⁹⁹ vegetable

spring mix
corn (non-GMO)
carrots
cucumber
celery
mixed fresh pepper
cherry tomatoes
balsamic vinaigrette

feta

\$2999

romaine lettuce feta cheese kalamata olives cucumber fresh tomato red onions mediterranean dressing

nicoise

spring mix
tuna
kalamata olives
crumbled egg
capers
fresh tomato
green peas
herbal vinaiarette

dwiches



grilled chicken on francese roll

roasted red pepper spread caramelized onions havarti cheese

vege on focaccia

basil hummus portobello mushrooms caramelized onions asiago cheese

sandwiches can also be made on a whole wheat wrap.

create your own platter - tell us how many of each sandwich you would like and

we will arrange them for you. all sandwiches served on ace bakery bread. all

\$8⁹⁹ per sandwich

prosciutto on olive bread

sun-dried tomato spread roasted red peppers goat cheese

roast beef on multigrain

roasted garlic aioli caramelized onions smoked cheddar cheese

salami on francese roll

roasted red pepper spread arugula roasted red pepper mozzarella cheese

roast turkey on multigrain

curried apple spread grilled eggplant mozzarella cheese

_

veggie & dip platter

an array of fresh vegetables served with home-made dips.

regular (serves 6 -10 people) \$3200 large (serves 11-14 people) \$4500

fruit platter

an assortment of seasonal fruits and berries.
regular (serves 6-10 people) \$42^00
large (serves 11-14 people) \$54^00

cheese platter

an array of gourmet international cheeses served with grapes & crackers.

regular (serves 6-10 people) \$5600 large (serves 11-14 people) \$6999

meat platter

a selection of top quality meats including proscutto, genoa salami, and sirloin roast beef

regular (serves 6-10 people) \$52⁰⁰ large (serves 11-14 people) \$65⁰⁰

dessert platter

an assortment of fresh cookies and brownies.

regular (serves 6-10 people) \$26⁰⁰

large (serves 11-14 people) \$3800

individual cookies available (min. 6)

