

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



100% biodegradable or



100% recyclable

**FAST
FRESH**
foods
EST. 2005

for further information and fax order sheets please visit:

www.fastfreshfoods.ca

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EST. 2005

catering



salads

quinoa \$34⁰⁰

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

chicken caesar \$42⁰⁰

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

asian chicken \$39⁹⁹

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 vegetable \$29⁹⁹

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 \$38⁰⁰

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

sandwiches



grilled chicken on francese roll

roasted red pepper spread
caramelized onions
havarti cheese

vege on focaccia

basil hummus
portobello mushrooms
caramelized onions
asiago cheese

\$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

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 sandwiches can also be made on a whole wheat wrap.

platters

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) \$42⁰⁰
large (serves 11-14 people) \$54⁰⁰

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 prosciutto, 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) \$2^{ea.}

