

orders can be placed by:

1. calling in your order at
416-60-FRESH
2. faxing your order using
our convenient fax
order form available in
the catering section at:
www.fastfreshfoods.ca



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.

stay fresh with Fast Fresh Foods.



no delivery charge for orders within
walking distance of store.
minimum \$50 order.

we accept visa / mastercard /
amex and corporate accounts.

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

orders can be served on either
disposable plastic platters or on
attractive retrievable platters.
please let us know your preference.

disposable place settings, napkins
and serving utensils all available
upon request.

prices and menu items subject
to change.

all packaging and utensils are either  100% biodegradable or  100% recyclable.

**FAST
FRESH
FOODS**

for further information and fax order sheets please visit:

www.fastfreshfoods.ca

or call:

416-60-FRESH (37374)



**FAST
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FOODS**

catering

salads

cobb \$34.00

- iceberg lettuce
- grilled chicken breast
- bacon bits
- blue cheese
- avocado
- crumbled egg
- fresh tomato
- ranch dressing

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

chicken caesar \$32.00

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



oriental chicken \$32.00

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

nicoise \$32.00

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

feta \$29.50

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

garden vegetable \$27.50

- spring mix
- corn
- carrots
- cucumber
- celery
- mixed fresh pepper
- cherry tomatoes
- balsamic vinaigrette

sandwiches



grilled chicken on parisian

- roasted red pepper spread
- caramelized onions
- havarti cheese

roast turkey on multigrain

- curried apple spread
- roasted red pepper
- grilled eggplant

prosciutto on olive bread

- sun-dried tomato spread
- roasted red peppers
- goat cheese

roast beef on multigrain

- dijon mustard
- mayonnaise
- caramelized onions
- swiss cheese

salami on francese roll

- roasted red pepper spread
- arugula
- roasted red pepper
- mozzarella cheese

vege' on focaccia

- basil hummus
- portobello mushrooms
- grilled eggplant
- asiago 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 served in a whole wheat wrap.

\$7.25 per sandwich

platters

veggie & dip platter

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

- regular (serves 8-10 people) \$26.00
- large (serves 10-12 people) \$38.00

fruit platter

an assortment of seasonal fruits and berries.

- regular (serves 8-10 people) \$30.00
- large (serves 10-12 people) \$42.00

cheese platter

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

- regular (serves 8-10 people) \$40.00
- large (serves 10-12 people) \$54.00

dessert platter

an assortment of fresh cookies and brownies.

- regular (serves 8-10 people) \$26.00
- large (serves 10-12 people) \$38.00

