

-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.

all of our containers and utensils are either

 100% biodegradable or  100% recyclable.



pick up orders and catering available

for more information please visit

www.fastfreshfoods.ca

commerce court west
concourse level
199 bay street
toronto, ontario
M5L 1G5

t. 416 603 7374
f. 647 439 6295

mon to thurs:
11am - 8pm
fri: 11am - 3:30pm

eaton centre
north food court
220 yonge street
toronto, ontario
M5B 2H1

t. 416 901 2165
f. 647 350 2165

mon to fri:
10:30am - 9pm
Sat: 10:30am - 7pm
Sun: 11am - 6pm

79 yonge street
just north
of king street
toronto, ontario
M5C 1S8

t. 416 916 4742
f. 647 435 3101

mon to thurs:
11am - 8pm
fri: 11am - 4pm

145 king street west
concourse level
king and university
toronto, ontario
M5H 1J8

t. 416 363 7374
f. 416 363 5464

mon to thurs:
11am - 4pm
fri: 11am - 3:30pm



FAST
FRESH
foods

menu

custom sandwiches

all sandwiches are grilled and served with a garden salad.

- 1 choose a bread and a spread
- 2 choose a meat (or substitute with two extra vege) and a cheese
- 3 choose a prepared vege and a fresh vege

additional topping \$1 double meat \$2

ace bakery breads
 francese roll
 multigrain
 olive bread
 rosemary focaccia
 whole wheat
 whole wheat wrap

home made spreads
 avocado salsa (low-fat)
 basil hummus (low-fat)
 curried apple
 roasted garlic aioli
 roasted red pepper
 spicy chipotle
 sun-dried tomato (low-fat)

meat & poultry
 genoa salami
 grilled chicken breast
 prosciutto
 roasted turkey breast
 sirloin roast beef

farm fresh cheeses
 asiago
 french brie
 goat
 havarti
 mozzarella
 smoked cheddar

market vegetables
prepared
 caramelized onion
 grilled eggplant
 portobello mushroom
 roasted red pepper
fresh
 arugula
 banana pepper (hot)
 fresh tomato

available in regular or large

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

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

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

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

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

classic salads

custom salads

- 1 choose a base
- 2 choose a size and fill with toppings
 small - 4 non-charge toppings
 regular - 5 non-charge toppings
 large - 7 non-charge toppings
- 3 finish with a dressing

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

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

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

cheeses & egg
 cheddar
 feta
 soya mozzarella
 crumbled egg

premium toppings
market vegetables
 avocado +\$1
 portobello mushroom +\$1
 sun-dried tomato +\$1
cheeses
 blue +\$1
 goat +\$1
 parmesan +\$1
protein
 tofu +\$1
 tuna +\$1
 bacon bits +\$1
 grilled chicken breast +\$1.99
 roasted turkey +\$1.99

gourmet dressings
full-flavour
 caesar
 caribbean mango
 mediterranean
 poppyseed
 ranch
lighter options
 asian (light)
 balsamic vinaigrette
 (made with extra-virgin olive oil)
 herbal vinaigrette
 (made with extra-virgin olive oil)
 honey mustard (fat-free)
 japanese soy (light)
 lemon juice (fat-free)
 raspberry vinaigrette (fat-free)

• ingredients and prices may vary and are subject to change • we cannot guarantee that there has been no cross-contamination between ingredients