

-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. 416-60-FRESH
f. 647-439-6295

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

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

t. 416-916-4742
f. 647-435-3101

mon. to fri.: 11am - 8pm
sat.: 11am - 4pm

king & university
coming soon

please see website
for contact details



FAST
FRESH
FOODS

memorandum

custom sandwiches

all sandwiches are grilled and served with a garden salad.

- 1 choose a bread
- 2 choose a spread
- 3 choose one meat, one cheese, one prepared vege and one fresh vege

\$7.96

additional topping \$1.00 double meat \$2.00

ace bakery breads

francese roll
multigrain
olive bread
rosemary focaccia
white baguette
whole wheat
whole wheat wrap

home made spreads

avocado salsa
basil hummus (low fat)
curried apple
honey mustard (low fat)
roasted garlic aioli
roasted red pepper
sun dried tomato

meat & poultry

grilled chicken breast
prosciutto
roast beef
roasted turkey breast
salami

farm fresh cheeses

asiago
brie
cheddar
goat
havarti
mozzarella
swiss

market vegetables

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

custom salads

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

regular \$6.19 large \$7.08

*add \$1.00 **add \$1.99

base

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

market vegetables

artichoke heart	fresh mushrooms
avocado*	fresh tomato
beets	green peas
broccoli	grilled eggplant
capers	kalamata olives (with pits)
carrots	kidney beans
celery	mixed fresh peppers
cherry tomatoes	portobello mushroom*
chick peas	red onion
cucumber	roasted corn

fruits, nuts, eggs etc.

almonds
apple
couscous
crispy oriental noodles
crumbled egg
dried cranberries
home-style croutons
mandarin orange
raisins
sunflower seeds
tofu*

farm fresh cheeses

blue cheese*
cheddar
feta
goat*
parmesan*
soya mozzarella

meat, poultry & fish

bacon bits*
grilled chicken breast**
roasted turkey**
tuna*

gourmet dressings

asian (light)
balsamic vinaigrette
(made with extra-virgin olive oil)
caesar
caribbean mango
cranberry citrus vinaigrette
herbal vinaigrette
(made with extra-virgin olive oil)
honey mustard (fat-free)
japanese soy (light)
mediterranean
poppseed
ranch
raspberry vinaigrette (fat-free)

- ingredient availability is subject to seasonal changes
- we cannot guarantee that there has been no cross-contamination between ingredients

classic salads

cobb salad \$8.85
iceberg lettuce
grilled chicken breast
bacon bits
fresh tomato
avocado
crumbled egg
blue cheese
ranch dressing

chicken caesar salad \$8.63
romaine lettuce
grilled chicken breast
bacon bits
home-made croutons
parmesan cheese
caesar dressing

asian chicken salad \$8.41
romaine lettuce
grilled chicken breast
mandarin oranges
broccoli
green peas
almonds
crispy oriental noodles
asian dressing

salad nicoise \$7.96
spring mix
tuna
green peas
fresh tomato
capers
kalamata olives
crumbled egg
herbal vinaigrette

feta salad \$7.08
romaine lettuce
fresh tomato
cucumber
red onions
kalamata olives
feta cheese
mediterranean dressing