

-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](http://www.fastfreshfoods.ca)

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

t. 416 60 FRESH (37374)  
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 thurs: 11am - 8pm  
fri: 11am - 4pm

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

t. 416 36 FRESH (37374)  
f. 416 363 KING (5464)

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



FAST  
FRESH  
*foods*

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# 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

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

\$7.96

additional topping \$1 double meat \$2

# custom salads

- 1 choose a base
- 2 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

market vegetables

- avocado\*
- 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
- portobello mushroom\*
- red onion
- roasted corn
- sun-dried tomato\*

fruits, nuts, eggs etc.

- almonds
- apple
- couscous
- crispy oriental noodles
- crumbled egg
- dried cranberries
- home-style croutons
- mandarin orange
- pumpkin seeds
- 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

- 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)

small \$5.75 regular \$6.42 large \$7.30

\*add \$1.00 \*\*add \$1.99

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

# classic salads

cobb

- iceberg lettuce
- grilled chicken breast
- bacon bits
- fresh tomato

regular \$8.19 large \$8.85  
avocado  
crumbled egg  
blue cheese  
ranch dressing

chicken caesar

- romaine lettuce
- grilled chicken breast
- bacon bits

regular \$7.96 large \$8.63  
home-made croutons  
parmesan cheese  
caesar dressing

asian chicken

- romaine lettuce
- grilled chicken breast
- mandarin oranges
- broccoli

regular \$7.74 large \$8.41  
green peas  
almonds  
crispy oriental noodles  
asian dressing

nicoise

- spring mix
- tuna
- green peas
- fresh tomato

regular \$7.30 large \$7.96  
capers  
kalamata olives  
crumbled egg  
herbal vinaigrette

feta

- romaine lettuce
- fresh tomato
- cucumber
- red onions

regular \$6.42 large \$7.08  
kalamata olives  
feta cheese  
mediterranean dressing