

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

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

 @fastfreshfoods

commerce court west
concourse level

199 bay street
toronto, ontario M5L 1G5
t. 416 60 FRESH (37374)
f. 647 439 6295

eaton centre
north food court

220 yonge street
toronto, ontario M5B 2H1
t. 416 901 2165
f. 647 350 2165

79 yonge street
north of king street

toronto, ontario
M5C 1S8
t. 416 916 4742
f. 647 435 3101

145 king street west
food court

king and university
toronto, ontario M5H 1J8
416 36 FRESH (37374)
f. 416 363 5464

richmond-adelaide
centre food court

120 adelaide street west
toronto, ontario M5H 1T1
t: 416 703 7332
f: 416 703 0640

SickKids
research tower

660 bay street
toronto, ontario M5G 1M8
t: 416 59 FRESH (37374)
f: 416 593 7370

waterpark place
food court

88 queens quay west
toronto, ontario M5J 0B8
t: 416 70 FRESH (37374)
f: 416 703 7674

TD centre
food hall

100 wellington street west
toronto, ontario M5K 1G8
t: 647 346 2003
f: 416 861 1679



menu



custom sandwiches

all sandwiches are grilled and served with a garden salad.

- 1 choose a bread/wrap and a spread
- 2 choose a meat (or substitute with two extra vege) and a cheese
- 3 choose one prepared vege and one fresh vege
additional topping \$1 double meat \$2

artisanal breads/wraps

francese roll
multigrain
olive bread
rosemary focaccia
whole wheat
whole wheat wrap
gluten-free

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



custom salads

- 1 choose a base
- 2 choose a size and your 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
kale +\$1
quinoa

non-charge toppings

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

fruits, nuts, crunch etc.

almonds
apple
crispy asian noodles
dried cranberries
home-style croutons
mandarin orange
pumpkin seeds
quinoa
sunflower seeds

cheeses & egg

cheddar
feta
soya mozzarella
crumbled egg

premium toppings

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

gourmet dressings

full flavour d = contains dairy
g = contains gluten
caesar d g
ginger sesame
mediterranean d
lighter options
asian (light) g
balsamic vinaigrette
(made with extra-virgin olive oil)
herbal vinaigrette
(made with extra-virgin olive oil)
honey mustard (fat-free)
japanese soy (light) g
lemon juice (fat-free)
raspberry vinaigrette (fat-free)

classic salads

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-style croutons
parmesan cheese
caesar dressing

asian chicken

romaine lettuce
grilled chicken breast
mandarin oranges
broccoli

green peas
almonds
crispy asian 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

quinoa only available in regular size

beets
pumpkin seeds
cheddar cheese

cherry tomatoes
roasted corn
balsamic vinaigrette