



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

**FAST  
FRESH**  
*foods*  
EST. 2005

online orders and catering available at  
[www.fastfreshfoods.ca](http://www.fastfreshfoods.ca)

 [fastfreshfoods](https://www.instagram.com/fastfreshfoods)

commerce court west  
concourse level

199 bay street  
toronto, ontario M5L 1G5  
t: 416 60 FRESH (37374)

eaton centre  
north food court

220 yonge street  
toronto, ontario M5B 2H1  
t: 416 901 2165

79 yonge street  
north of king street

toronto, ontario  
M5C 1S8  
t: 416 916 4742

145 king street west  
food court

king and university  
toronto, ontario M5H 1J8  
416 36 FRESH (37374)

richmond-adelaide  
centre food court

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

SickKids  
research tower

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

waterpark place  
food court

88 queens quay west  
toronto, ontario M5J 0B8  
t: 416 866 8787

TD centre  
food hall

100 wellington street west  
toronto, ontario M5K 1G8  
t: 647 346 2003



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# 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 veg)
- 3 choose one cheese and two veg  
additional topping \$1 double meat \$3

## artisanal breads/wraps

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

## home made spreads

avocado salsa (vegan)  
roasted garlic aioli  
roasted red pepper  
spicy chipotle  
sun-dried tomato (vegan)

## meat & poultry

genoa salami  
grilled chicken breast  
prosciutto  
roasted turkey breast  
sirloin roast beef

## farm fresh cheeses

asiago  
french brie  
goat  
havarti  
smoked cheddar

## market vegetables

arugula  
caramelized onion  
cucumber  
fresh tomato  
portobello mushroom  
roasted red pepper  
spicy banana pepper



available in regular or large

# 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  
warm quinoa  
(served in a small bowl)

## non-charge toppings

beets  
broccoli  
capers  
carrots  
cherry tomatoes  
chick peas  
cucumber  
fresh peppers

## market vegetables

fresh tomato  
green peas  
kalamata olives (with pits)  
kidney beans  
red onion  
roasted corn  
spicy banana pepper

## fruits, nuts, crunch etc.

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

## cheeses & egg

cheddar cheese  
feta cheese  
egg



## premium toppings

market vegetables  
avocado  
portobello mushroom  
sun-dried tomato  
cheeses  
blue cheese  
goat cheese  
parmesan cheese  
protein  
organic tofu  
bacon bits  
grilled chicken breast  
roasted turkey  
tuna

## gourmet dressings

full flavour  
caesar d g  
ginger sesame  
mediterranean d  
extra-virgin olive oil  
lighter options  
asian g  
balsamic vinaigrette  
(made with extra-virgin olive oil)  
herbal vinaigrette  
(made with extra-virgin olive oil)  
honey mustard  
lemon juice  
balsamic vinegar

# classic salads

## 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

## cobb

iceberg lettuce  
grilled chicken breast  
bacon bits  
fresh tomato

avocado  
egg  
blue cheese  
ranch dressing

## paleo

spring mix  
kale  
grilled chicken breast  
bacon bits  
avocado

carrots  
almonds  
pumpkin seeds  
egg  
herbal vinaigrette

## nicoise

spring mix  
tuna  
green peas  
fresh tomato

capers  
kalamata olives  
egg  
herbal vinaigrette

## feta

romaine lettuce  
feta cheese  
cucumber  
red onion

kalamata olives  
fresh tomato  
mediterranean dressing

# warm quinoa bowls

served in a small bowl

## served over a warm quinoa base

### harvest

avocado  
beets  
pumpkin seeds  
cheddar cheese

cherry tomatoes  
roasted corn  
balsamic vinaigrette

### southwest

grilled chicken breast  
avocado  
cheddar cheese  
cherry tomatoes

kidney beans  
spicy banana pepper  
roasted corn  
spicy chipotle

### superfood

kale  
cherry tomatoes  
beets  
broccoli

carrots  
kidney beans  
pumpkin seeds  
ginger sesame

### crunch

kale  
grilled chicken breast  
goat cheese  
apples  
beets

cucumber  
almonds  
pumpkin seeds  
sunflower seeds  
asian dressing

