

Soups

Cup 4 / Bowl 5 / Pint 8
Take Home a Quart 16

TOMATO BASIL SOUP GF

Slow-simmered in-house with crushed tomatoes, basil, onions, cream and sea salt.

KICKIN' CRAB 'N SWEET CORN CHOWDER

A spicy chowder that has sweet corn, tender crab, diced green bell peppers, a splash of brandy and a dash of TABASCO® Brand Pepper Sauce to give this unique chowder a fiery kick!

SPICED LENTIL + KALE GF VV

Simple yet satisfying tomato-based Mediterranean seasoned broth with brown lentils, onions, carrots and kale.

SEASONAL SOUP

Check the board for today's selection.

TAKE HOME A PINT OF
OUR HOUSE-MADE,
CURRIED CHICKEN SALAD 10

Sides

Ms. Vicki's Sea Salt chips,
Ms. Vicki's BBQ chips,
Stacy's Pita Chips,
Baked Lays 1.5

Food Should Taste Good
Sweet Potato and
Multigrain Chips 1.8

Fruit Salad 1.8

House-made Mediterranean
Pasta Salad 1.8

Avocado 1.3

Additional toppings 50¢

Grilled or Spicy FreeBird™
Chicken Breast 3

Side of Kraft® Mac 'n Cheese 3

Baguette or Pretzel Roll 1.5

Kids

12 & UNDER
ONLY PLEASE

4.5

Includes choice of baby carrots,
side of grapes or strawberries,
or a small bag of potato chips.

KRAFT® MAC 'N CHEESE

PINWHEELS

Choice of Ham & Swiss or
Turkey & Cheddar with lettuce and
mayonnaise on a whole wheat wrap.

SANDWICH

BREAD:

White or Sunflower Multi-grain

PROTEIN (CHOICE OF 1):

Tavern Ham, Ovengold® Turkey,
Black Forest Smoked Turkey,
Deluxe Roast Beef, Hummus,
Applewood Smoked Bacon

CHEESE (CHOICE OF 1):

Cheddar, Swiss, Provolone,
Smoked Gouda, White American

TOPPINGS:

Lettuce, Tomato, Onion,
Low-fat Mayonnaise, Mustard

KIDS SALAD

Choice of Greens • Choice of 3 Toppings
Choice of Protein • Choice of Dressing

Add a kids fountain drink for 1.
Add Honest Kids fruit juice or
Organic milk or chocolate milk 1.8.

Cookies

Assorted varieties 1.8

CATERING AVAILABLE
EATFASTNFRESH.COM

FreeBird™

Proudly Featuring

Boar's Head
PREMIUM DELI MEATS & CHEESES



THE CURE FOR THE COMMON SALAD!

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We
Eater!

Fast n Fresh is the fresh choice for your next
meeting or event. Let us do the work for you!

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Allergy Statement: Many of our products contain, or come into contact with, common allergens such as wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish. Although efforts are made to avoid cross-contamination of allergens, Fast n Fresh does not guarantee that cross-contamination will not occur. Before placing your order, please inform your server if someone in your party has an allergy.

Prices and menu items are subject to change without notice.

Summer 2015

Salads & Wraps

ADD PROTEIN TO ANY SALAD

Grilled FreeBird™ Chicken	2.5
Spicy FreeBird™ Chicken	2.5
House-made Curried Chicken Salad (scoop)	GF 2.5
Ovengold® Turkey	2.5
Black Forest Smoked Turkey	2.5
Tavern Ham	2.5
Deluxe Roast Beef	2.5
Hummus (scoop)	GF DF VV 2
Wild Caught Shrimp	4
Wild Caught Salmon	5

Dressings

All salads include a 4oz dressing.
Each additional 2oz dressing is 50¢

Take your favorite dressing home
8oz - 4 / 16oz - 8

Vinaigrettes

Lemon-Dijon	GF DF V
Honey-Lime	GF DF V
Brown Derby	GF DF VV
Greek	GF DF V
Ginger Sesame	V
Balsamic	GF DF VV
Raspberry	GF DF V

Creamy

Caesar	
Cucumber Wasabi	V
Honey Mustard	GF V
Blue Cheese	GF V
Low-fat Ranch	V
Low-fat Chipotle Ranch	V
Spicy Thai Peanut	V

Clean

Fresh Lemon	
Fresh Lime	
Olive Oil	
Red Wine Vinegar	
Aged Balsamic Vinegar	
Sriracha	

DESIGN YOUR OWN

SALAD, WRAP OR GRAIN BOWL

Grab a clipboard and get creative!

SUMMER PECAN

SALAD 8.5 / WRAP 7.5 **GF V**

Tender spinach, gorgonzola crumbles, fresh strawberries, dried cranberries and candied pecans. We recommend our house-made Raspberry Vinaigrette

KALE CHICKEN CAESAR*

SALAD 10 / WRAP 8

Kale and Romaine, shredded parmesan, house-made croutons with grilled or spicy FreeBird™ chicken. We recommend Caesar dressing.

BAJA CHICKEN*

SALAD 10.5 / WRAP 9 **GF V**

Romaine, shredded cheddar, sweet yellow corn, black beans, red onion, diced tomatoes, tri-colored tortilla chips with grilled or spicy FreeBird™ chicken. We recommend our house-made Low-fat Chipotle Ranch

GREEK

SALAD 8.5 / WRAP 7.5 **GF V**

Romaine, feta cheese crumbles, diced tomatoes, red onion, chickpeas, black olives, cucumber and spicy pepperoncini. We recommend our house-made Greek Vinaigrette

TURKEY BACON RANCH*

SALAD 10.5 / WRAP 9

Romaine, shredded cheddar, diced tomatoes, crumbled bacon, Ovengold® turkey and freshly sliced avocado. We recommend Low-fat Ranch dressing

WALDORF

SALAD 8.5 / WRAP 7.5 **GF V**

Romaine and baby greens, gorgonzola crumbles, diced apples, celery, grapes, toasted walnuts and dried cranberries. We recommend our house-made Honey-Lime Vinaigrette

CALI CRUNCH

SALAD 8.5 / WRAP 7.5 **GF V**

Romaine, kale, purple cabbage, heirloom tomatoes, seedless cucumbers, carrots, sunflower seeds and avocado. We recommend our house-made Lemon-Dijon Vinaigrette

SPICY THAI KALE

SALAD 8.5 / WRAP 7.5 **V**

Romaine, kale, purple cabbage, carrots, red peppers, crispy wontons, scallions, crushed peanuts and toasted sesame seeds. We recommend Spicy Thai Peanut dressing

BRUSCHETTA

SALAD 8.5 / WRAP 7.5 **V**

Romaine, arugula, heirloom tomatoes, fresh mozzarella, fresh torn basil, house-made croutons and a balsamic glaze drizzle. We recommend our house-made Balsamic Vinaigrette

COBB* SALAD 11 / WRAP 9 **GF**

Romaine, gorgonzola crumbles, diced tomatoes, egg, crumbled bacon, freshly sliced avocado and grilled FreeBird™ chicken. We recommend our house-made Brown Derby Vinaigrette

* DENOTES ITEMS THAT HAVE
AN UPCHARGE FOR COMBOS

Grain Bowls



FLOWER CHILD BOWL 7 V

Whole grain brown rice blend, kale, matchstick carrots, chickpeas, purple cabbage, avocado, sweet & spicy sunflower seeds and Tahini sauce.

MEDITERRANEAN BOWL 7 V

Whole grain brown rice blend, spinach, feta, chickpeas, red peppers, Kalamata olives, red onion, toasted almonds and Tahini sauce.

BALI BOWL 7 GF V

Basmati rice, spinach, matchstick carrots, mango, red peppers, green onions, purple cabbage, lime squeeze and Coconut-Peanut Sauce.

ROMA BOWL 7 V

Whole grain brown rice blend, arugula, goat cheese, red onion, heirloom tomatoes, torn basil, walnuts and balsamic glaze drizzle.

CHOICE OF TWO BELOW FOR 8.5

**CUP OF SOUP / HALF SALAD
HALF A SANDWICH OR PANINI**

Additional charge for salads with a *

Make it a bowl of soup for +1

Wraps and Grain Bowls not available as a Two N One item



Build a Sandwich

7.5

Add a side of seasonal fruit salad 1.8 or house-made Mediterranean pasta salad 1.8

CHOOSE YOUR BREAD

Sunflower Multigrain,
White, Pretzel Roll (+ 50¢),
Baguette (+ 50¢)

CHOOSE YOUR PROTEIN (UP TO 2)

Ovengold Turkey, Black Forest Smoked Turkey, Bacon, Tavern Ham, Deluxe Roast Beef, Hummus, House-made Curried Chicken Salad

CHOOSE YOUR CHEESE

Vermont Cheddar, Swiss, Provolone, Smoked Gouda, White American

DRESS IT UP

Lettuce, Tomato, Onion, Low-fat Mayonnaise, Mustard, Spicy Mustard, Honey-Dijon, Basil Pesto Mayonnaise, Spicy Chipotle Mayonnaise

Pressed Paninis

Add a side of seasonal fruit salad 1.8 or house-made Mediterranean pasta salad 1.8

SMOKED TURKEY + ARTICHOKE 8.5

Sunflower multi-grain bread, Black Forest Smoked Turkey, house-made spinach artichoke spread, caramelized onions and sliced tomatoes.

MARGHERITA 7

Sunflower multi-grain bread, fresh mozzarella, tomatoes, arugula, basil-pesto mayonnaise and balsamic glaze. Add grilled chicken 1.5

WASABI ROAST BEEF 8.5

Baguette, sliced Deluxe Roast Beef, Swiss cheese, spinach, sliced seedless cucumbers, sliced tomatoes, creamy Cucumber Wasabi dressing.

BAVARIAN 8

Pretzel roll, Tavern Ham, Smoked Gouda, sliced apple, Honey-Dijon spread.

TURKEY PESTO 8

Baguette, sliced Ovengold® Turkey, provolone, arugula, roasted red peppers, basil pesto mayonnaise.

SPICY SMOKED TURKEY + GOUDA 8

Baguette, Black Forest Smoked Turkey, Smoked Gouda, arugula, tomatoes, Spicy Chipotle mayonnaise.

FAVORITES

DF
DAIRY FREE

GF
GLUTEN FREE

SF
SUGAR FREE

V
VEGETARIAN

VV
VEGAN

Design Your Own

☐ DINE IN
☐ CARRY OUT

NAME _____

- ☐ Toss with Dressing ☐ No Dressing
☐ Dressing on the Side ☐ No Bread

☐ SALAD BOWL 8.5

☐ WHOLE WHEAT WRAP 7.5

☐ GREENS + GRAIN BOWL 7

☐ SPINACH HERB WRAP 7.5

1 CHOOSE YOUR BASE

SALAD: Choose up to 2 Greens

GREENS + GRAINS: Choose 1 Grain + 1 Green

WRAP: Choose any 2

- ☐ Romaine
☐ Shredded Kale
☐ Spinach
☐ Baby Greens
☐ Arugula

- ☐ Basmati White Rice **GF**
☐ Whole Grain Blend

2 CHOOSE UP TO 5 TOPPINGS EACH ADDITIONAL .50

Cheese

- ☐ Cheddar
☐ Feta
☐ Gorgonzola
☐ Parmesan
☐ Provolone
☐ Smoked Gouda
☐ Swiss

Fruit & Veg

- ☐ Apples
☐ Artichokes
☐ Black Beans
☐ Black Olives
☐ Caramelized Onions
☐ Carrots
☐ Celery
☐ Chickpeas
☐ Corn
☐ Cucumbers
☐ Diced Tomatoes
☐ Edamame
☐ Egg

- ☐ Green Onions
☐ Heirloom Tomatoes
☐ House Roasted Beets
☐ Jalapenos
☐ Kalamata Olives
☐ Mango
☐ Pepperoncini
☐ Purple Cabbage
☐ Red Grapes
☐ Red Onion
☐ Red Peppers
☐ Roasted Mushrooms
☐ Roasted Red Peppers
☐ Strawberries

Crunchy & Chewy

- ☐ Almonds
☐ Bacon
☐ Candied Pecans
☐ Croutons
☐ Dried Cranberries
☐ Peanuts
☐ Roasted Sunflower Seeds
☐ Sweet + Spicy Sunflower Seeds
☐ Tortilla Chips
☐ Walnuts
☐ Wontons

3 ADD PREMIUM TOPPINGS (OPTIONAL)

- ☐ Avocado 1.3 ☐ Goat Cheese 1 ☐ Fresh Mozzarella 1

4 ADD A PROTEIN (OPTIONAL)

- ☐ Grilled FreeBird™ Chicken 2.5
☐ Spicy FreeBird™ Chicken 2.5
☐ House-made Curried Chicken Salad (scoop) 2.5 **GF**
☐ Ovingold® Turkey 2.5
☐ Black Forest Smoked Turkey 2.5
☐ Tavern Ham 2.5
☐ Deluxe Roast Beef 2.5
☐ Hummus (scoop) 2 **GF DF VV**
☐ Wild Caught Shrimp 4
☐ Wild Caught Salmon 5

FreeBird

Proudly Featuring

Boar's Head
PREMIUM DELI MEATS & CHEESES

5 DRESS IT UP

ADDITIONAL 20Z.
DRESSING .50

GF: GLUTEN FREE
DF: DAIRY FREE

V: VEGETARIAN
VV: VEGAN

Vinaigrettes

- ☐ Lemon-Dijon **GF DF V**
☐ Honey-Lime **GF DF V**
☐ Brown Derby **GF DF VV**
☐ Greek **GF DF VV**
☐ Ginger Sesame **V**
☐ Balsamic **GF DF VV**
☐ Raspberry **GF DF V**

Creamy

- ☐ Caesar
☐ Cucumber Wasabi **V**
☐ Honey Mustard **GF V**
☐ Blue Cheese **GF V**
☐ Low-fat Ranch **V**
☐ Low-fat Chipotle Ranch **V**
☐ Spicy Thai Peanut **V**
☐ Coconut + Peanut Sauce **V**
☐ Tahini Sauce **V**

Clean

- ☐ Fresh Lemon
☐ Fresh Lime
☐ Olive Oil
☐ Red Wine Vinegar
☐ Aged Balsamic Vinegar
☐ Sriracha
☐ Balsamic Glaze Drizzle

Free

- (no charge)
☐ Sesame Seeds
☐ Basil
☐ Cilantro

6 ENJOY AND SHARE #TheCureForTheCommonSalad



CATERING



WITH THREE LOCATIONS IN THE
SARASOTA/BRADENTON AREA,
WE'RE JUST A PHONE CALL AWAY!

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SIGNATURE SALADS

SERVES UP TO 12

SERVED WITH 16OZ CONTAINER OF DRESSING

Additional dressing available for 6

ADD A MULTIGRAIN BAGUETTE TO ANY SALAD FOR 3.50

Served with butter

ADD PROTEIN TO ANY SALAD 12

YOUR CHOICE OF:

All-natural Grilled or Spicy Chicken

Boar's Head® Ovengold Turkey / Black Forest Smoked Turkey

Tavern Ham / Add shrimp 18

SUMMER PECAN 42 V/GF

Baby spinach, gorgonzola crumbles, fresh strawberries, dried cranberries and candied pecans. We recommend Raspberry Vinaigrette.

CAESAR 34

Romaine lettuce, shredded parmesan cheese and house-made croutons. We recommend Caesar dressing. Add grilled or spicy chicken 12. Optional Kale Caesar.

GARDEN 34 V

Romaine, baby greens, heirloom tomatoes, cucumber, red onion, carrots and house-made croutons. Your choice of dressing.

BAJA SALAD 42 V

Romaine, shredded cheddar cheese, sweet yellow corn, black beans, red onion, diced tomatoes and tri-colored tortillas chips. We recommend Low-fat Chipotle Ranch dressing.

GREEK 42 V/SF/GF

Romaine, feta crumbles, diced tomatoes, red onion, chickpeas, sliced black olives, cucumber and spicy pepperoncini. We recommend our house-made Greek Vinaigrette.

WALDORF 42 V/GF

Romaine and baby greens, gorgonzola crumbles, diced apples, toasted walnuts, grapes, celery and dried cranberries. We recommend our house-made Honey-Lime Vinaigrette.

CALI CRUNCH 42 V/GF/DF

Romaine, kale, purple cabbage, heirloom tomatoes, hothouse cucumbers, carrots, sunflower seeds and avocado. We recommend our house-made Dijon Vinaigrette.

SPICY THAI KALE 42 V/DF

Romaine, kale, purple cabbage, carrots, red peppers, crispy wontons, scallions, crushed peanuts and toasted sesame seeds. We recommend our Spicy Thai Peanut dressing.

BRUSCHETTA 42 V

Romaine, arugula, heirloom tomatoes, fresh mozzarella, fresh torn basil, house-made croutons and a balsamic glaze drizzle. We recommend our house-made Balsamic Vinaigrette.

COBB 55 GF

Romaine, gorgonzola crumbles, diced tomatoes, egg, crumbled bacon, freshly sliced avocado and grilled chicken. We recommend our house-made Dijon Vinaigrette.

WRAPS & SANDWICHES

SMALL PLATTER 55

Serves up to 10. Choose any 5 Wraps or Sandwiches. Served with 10 bags of chips.

LARGE PLATTER 110

Serves up to 20. Choose any 10 Wraps or Sandwiches. Served with 20 bags of chips.

WRAPS

CHICKEN CAESAR WRAP

Grilled chicken, romaine, parmesan and house-made croutons served with Caesar dressing on a spinach herb wrap. Optional Kale Caesar.

BAJA CHICKEN WRAP

Romaine, shredded cheddar cheese, sweet yellow corn, black beans, red onion, diced tomatoes, grilled chicken and tri-colored tortillas chips, with our Low-fat Chipotle Ranch dressing on a whole wheat wrap.

GREEK WRAP V

Romaine, feta crumbles, diced tomatoes, red onion, chickpeas, sliced black olives, cucumber and spicy pepperoncini with our house-made Greek Vinaigrette on a spinach herb wrap. Add grilled or spicy chicken or hummus.

TURKEY BACON RANCH WRAP

Romaine, shredded cheddar, diced tomatoes, crumbled bacon, Boar's Head® Ovengold Turkey, freshly sliced avocado and Low-fat Ranch dressing on a whole wheat wrap.

CALI CRUNCH WRAP VV/DF

Romaine, kale, purple cabbage, heirloom tomatoes, cucumbers, carrots, sunflower seeds and avocado with our house-made Dijon Vinaigrette on a whole wheat wrap.

SUMMER PECAN WRAP V

Whole wheat wrap, baby spinach, gorgonzola crumbles, fresh strawberries, dried cranberries and candied pecan with Raspberry Vinaigrette on a whole wheat wrap.

GARDEN WRAP V

Romaine, baby greens, cherry tomatoes, cucumber, red onion, carrots and house-made croutons, with your choice of dressing on a spinach herb wrap.

WALDORF WRAP V

Romaine and baby greens, gorgonzola crumbles, diced apples, toasted walnuts, grapes, celery and dried cranberries, with our house-made Honey-Lime Vinaigrette on a whole wheat wrap.

COBB WRAP

Romaine, gorgonzola crumbles, diced tomatoes, egg, crumbled bacon, freshly sliced avocado and grilled chicken, with our house-made Dijon Vinaigrette on a whole wheat wrap.

SPICY THAI KALE WRAP V

Romaine, kale, purple cabbage, carrots, red peppers, crispy wontons, toasted sesame seeds, peanuts and scallions with our spicy Thai Peanut dressing on a whole wheat wrap.

SANDWICHES

CURRIED CHICKEN SALAD

House-made curried chicken salad with crisp lettuce, red onion and sliced garden tomatoes on Sunflower Multigrain bread.

HAM & SWISS

Boar's Head® Tavern Ham and sliced Swiss cheese, crisp lettuce, sliced garden tomato, onion and tangy Dijon honey mustard on a pretzel roll.

TUSCAN CHICKEN

Sliced grilled chicken, provolone, basil pesto mayo, arugula, red onion and sliced garden tomatoes on baguette with balsamic glaze.

ROAST BEEF & HORSERADISH

Boar's Head® Roast Beef, aged white cheddar, baby greens, sliced garden tomatoes with creamy horseradish sauce on a baguette.

CLASSIC SANDWICH

CHOICE OF BREAD:

- White
- Sunflower Multigrain Bread
- Baguette (50¢ ea.)
- Pretzel Roll (50¢ ea.)

CHOICE OF CHEESE:

- Aged White Cheddar Cheese
- White American
- Swiss
- Provolone
- Smoked Gouda

CHOICE OF PROTEIN:

- Boar's Head® Ovengold Turkey
- Tavern Ham
- Black Forest Smoked Turkey
- Deluxe Roast Beef
- Hummus VV

Crisp lettuce, sliced garden tomato, onion. Mayonnaise and mustard served on the side.

SIDES

SERVES UP TO 6 / PRICE PER QUART

ZESTY MEDITERRANEAN PASTA SALAD 15 V

House-made with cavatappi pasta, cherry tomatoes, red onion, crumbled feta, black olives, Greek Vinaigrette blended with mayonnaise.

SEASONAL FRUIT SALAD 15 V/VV/GF/DF

Freshly cut seasonal fruit. May include cantaloupe, honeydew, strawberries and red grapes.

SEASONAL SIDE (ASK YOUR CATERING COORDINATOR) 15

SPICY THAI PEANUT NOODLE SALAD 15 VV

Pasta, edamame, red bell pepper, carrots tossed with Spicy Thai Peanut dressing and sesame seeds.

GOURMET CHIPS

Ms. Vicki's Sea Salt or BBQ / Baked Lays / Stacey's Pita Chips 1.50
Food Should Taste Good - Sweet Potato or Multigrain 1.80 each

EXTRA DRESSING 6 (PER PINT) / 10# BAG OF ICE 2.50

UNIQUE IDEAS

SERVES UP TO 15 PEOPLE

Heated items served in disposable chafing dishes. Please order at least 48 hours in advance. Contact the Catering Manager for Groups over 50. Automatic 15% service charge added to any "Unique Ideas" for set-up.

RICE BOWL BARS 180

MEXICALI

- Basmati or whole grain blend
- Shredded aged cheddar cheese
- Diced tomatoes
- Black beans
- Shredded lettuce
- Fire-roasted corn & pepper blend
- Salsa
- Sour cream
- Chipotle Ranch dressing
- Choice of grilled or spicy chicken

Served with tortilla chips and lime wedges.

EL GRECO

- Basmati or whole grain blend
- Feta
- Spinach
- Garbanzo beans
- Kalamata olives
- Diced tomatoes
- Red onions
- Pepperoncinis
- Hummus
- Greek Vinaigrette
- Choice of Grilled or spicy chicken

Served with pita triangles.

ROMA

- Basmati or whole grain blend
- Arugula
- Diced tomatoes
- Goat cheese
- Walnuts
- Grilled chicken
- Balsamic Vinaigrette
- Balsamic glaze drizzle

Served with multigrain baguette and butter.

ZEN

- Basmati or whole grain blend
- Spinach
- Kale
- Carrots
- Edamame
- Purple cabbage
- Cucumbers
- Grilled chicken
- Sesame seeds
- Peanuts
- Choice of dressing: Spicy Thai Peanut, Sweet Ginger Sesame or Creamy Cucumber Wasabi

Served with multigrain baguette and butter.

DESIGN YOUR OWN SALAD BAR 200

Romaine • Baby spinach • Shredded cheddar • Candied pecans
Gorgonzola Strawberries • Dried cranberries • Bacon
Cucumbers • Diced tomatoes • Chopped eggs • Carrots
Croutons • Choice of grilled or spicy chicken

CHOICE OF 2 DRESSINGS:

Raspberry Vinaigrette, Low-fat Ranch, house-made Balsamic Vinaigrette **(GF)** or house-made Dijon Vinaigrette **(GF)**

Served with freshly baked multigrain baguette and butter.

SOUP AND SALAD BAR 225

Romaine • Baby spinach • Shredded cheddar • Candied pecans
Gorgonzola Strawberries • Dried cranberries • Bacon
Cucumbers • Diced tomatoes • Chopped eggs • Carrots
Croutons • Grilled or spicy chicken

CHOICE OF 2 DRESSINGS:

Raspberry Vinaigrette • House-made Balsamic Vinaigrette **(GF)**
Low-fat Ranch • House-made Dijon Vinaigrette **(GF)**

CHOOSE 4 SOUPS (8 OZ OF SOUP PER GUEST):

Kick'in Crab 'n Corn Chowder • Tomato Basil Bisque
Broccoli Cheddar • Lentil Soup **(V/VV/GF)** • Seasonal Soup

Served with freshly baked multigrain baguette and butter.

SMALL BITES

SOME OF THESE ITEMS REQUIRE ADDITIONAL
PREPARATION TIME / 48 HOUR NOTICE REQUIRED

BETTER FOR YOU (SERVES 10-15)

HUMMUS & PITA TRAY 25 V/VV/DF

Creamy hummus served with grilled pita bread and cucumber.

VEGETABLE CRUDITE 36 V/GF

Fresh and colorful array of seasonal vegetables served with Low-fat Ranch or Blue Cheese dressing.

TROPICAL FRUIT KEBOBS 36 V/GF

Seasonal fresh fruit skewers served with honey lime yogurt sauce.

SEASONAL FRUIT PLATTER 42 V/VV/GF

Fresh and colorful array of seasonal fruits. May include cantaloupe, honeydew, strawberries, pineapple, blueberries or raspberries.

OFF THE TRAY (SERVES 15)

SEASONAL FRUIT & CHEESE TRAY 55 V/GF

Fresh and colorful array of seasonal fruits and assorted Boar's Head® cheeses.

CHILLED SHRIMP TRAY 56

Succulent shrimp served your choice of Asian sauces: Sweet Ginger Sesame, Cucumber Wasabi or Spicy Thai Peanut.

ANTIPASTO TRAY 50 V/GF

Display of roasted red peppers, artichokes, provolone cheese, ciliegine mozzarella, Kalamata olives and spicy pepperoncini.

MEDITERRANEAN TRAY 50 V

A feast of Mediterranean favorites: feta cubes, cucumber, red pepper strips, Kalamata olives, pepperoncini peppers served with hummus and grilled pita triangles.

BRUSCHETTA 36 VV/DF

Fresh garden tomatoes diced and tossed with garlic, sea salt, freshly ground pepper, fresh basil and aged balsamic glaze. Served with garlic crostini.

BAKED SPINACH & ARTICHOKE DIP 40 V

Served warm with garlic crostini for dipping.

ON STICKS (SERVES 15)

GRILLED CHICKEN PESTO KEBOBS 50 GF

Chicken and cherry tomatoes skewers basted with basil pesto.

PETITE CAPRESE KEBOBS 40 V

Herb and olive oil marinated ciliegine mozzarella, fresh basil and grape tomatoes drizzled with balsamic glaze.

CHICKEN SATAY 55

Thai seasoned chicken skewers served with Spicy Thai Peanut sauce.

BEEF SATAY 60

Thai seasoned flank steak skewers served with spicy Thai peanut sauce.

VALUE MEETING PACKAGES

NO SUBSTITUTIONS OR ALTERATIONS

A SMALL GATHERING 90 (SERVES UP TO 10)

CHOICE OF ONE: Caesar Salad / Garden Salad
Pasta Salad (2 quarts) Fruit Salad (2 quarts)

SMALL WRAP/SANDWICH PLATTER
(INCLUDES ONE EACH OF THE FOLLOWING):

- Turkey Bacon Ranch Wrap
- Classic Turkey with cheddar on multigrain
- Greek Wrap with hummus (V) or chicken
- Chicken Caesar Wrap
- Classic Ham with Swiss on multigrain

ONE DOZEN CHOCOLATE CHUNK COOKIES

CHOICE OF ONE GALLON:

Iced Tea / Lemonade / 10 Zephyrhills Bottled Water

SOUP N SALAD LUNCH 110 (SERVES UP TO 12)

CHOICE OF ONE:

Caesar Salad / Garden Salad / Cali Crunch Salad

CHOICE OF THREE QUARTS OF SOUP (SERVED WITH CRACKERS):

Tomato Basil Bisque / Broccoli Cheddar
Lentil (V/VV/GF) / Seasonal Soup

ONE DOZEN CHOCOLATE CHUNK COOKIES

CHOICE OF ONE GALLON: Iced Tea / Lemonade

12 Zephyrhills Bottled Water

ADD A BAG OF ICE FOR 2.50

BOXED MEALS

10 BOX MINIMUM

- Please order 24 hours in advance.
- Boxed lunches are served in individual containers. Please order no more than three different menu items for orders over 15.
- Custom (Avery) labeled meals with individual names or menu items are available for \$1.00 additional per box.

BASIC BOXED LUNCH 10 (PER PERSON)

Choice of any Classic Sandwich or Curried Chicken Salad sandwich, bagged chips, condiments and a fresh baked chocolate chunk cookie.

EXECUTIVE BOXED LUNCH 12.50 (PER PERSON)

Choice of any wrap, Ham & Swiss, Pesto Chicken, Tuscan Chicken or Roast Beef & Horseradish sandwich, bagged chips, fresh fruit salad and a choice of a chocolate chunk cookie or dessert bar.

SIGNATURE SALAD BOXED LUNCH 12.50 (PER PERSON)

Choice of any signature salad. Served with multigrain baguette with butter, fresh fruit salad and a choice of a chocolate chunk cookie or dessert bar.

SWEETS

FRESHLY BAKED COOKIES

Assorted freshly baked cookies may include chocolate chunk, white chocolate macadamia and S'mores.

SMALL (12 COOKIES) 13 / LARGE (24 COOKIES) 24

COOKIE AND BAR SAMPLER

Assorted freshly baked cookies & delectable dessert bars.

SMALL (FEEDS UP TO 20) 29 / LARGE (FEEDS UP TO 40) 58

SOUPS

BY THE QUART / SERVED WITH CRACKERS, CUPS & SPOONS

**KICK'IN CRAB 'N CORN
CHOWDER 18** 

TOMATO BASIL BISQUE 18

BROCCOLI CHEDDAR 16

**LENTIL 16
V/VV/GF**

**SEASONAL
SOUP 16**

BEVERAGES

ALL BEVERAGES SERVED WITH CUPS AND ICE
TEA SERVED WITH SWEETENERS AND LEMON

BOTTLED

HUBERT'S LEMONADE 2.50

HUBERT'S DIET LEMONADE 2.50

HUBERT'S STRAWBERRY LEMONADE 2.50

FIJI WATER 2.50

ZEPHYRHILLS 1.80

SAN PELLIGRINO SPARKLING WATER 2.20

SAN PELLIGRINO LIMONATA 2

SAN PELLIGRINO ARANCIATA 2

PERRIER 2.20

COCA-COLA (20 OZ) 2

DIET COKE (20 OZ) 2

SPRITE (20 OZ) 2

DR. BROWNS 2 EACH

Diet Cherry / Cherry / Diet Crème
Crème / Root Beer / Ginger Ale

GALLONS 10

HARNEY & SONS

- Unsweetened Tea
- Sweet Tea
- Unsweetened Raspberry
- Unsweetened Citrus Green

LEMONADE

ARNOLD PALMER

½ Lemonade,
½ Unsweet Tea

2 LITERS 4

COCA-COLA

DIET COKE

SPRITE

CATERING POLICIES

Fast n Fresh excels at corporate and small gathering catering. From the Boardroom to a backyard soiree, let us make your meeting, or event, a success.

DELIVERY Delivery available Monday-Friday, 10am-5pm. Delivery minimums begin at \$100 and increase based on distance from nearest location. Delivery subject to driver availability. We recommend reserving delivery dates at least 72 hours in advance, when possible. Weekend or after hours delivery is available with a minimum \$400 order and an additional service charge of 18%. Speak with a Catering Coordinator regarding delivery minimums and delivery fees at the time of placing your order.

ORDERING Orders must be placed 24 hours in advance so that we may give each order the time and attention it deserves. All items are made to order and some items may require extra preparation time. Please refer to the catering menu for items that require advance ordering. We will do our best to accommodate last minute requests, however, selections may be somewhat limited.

CANCELLATIONS All orders require a valid credit card to reserve your time with our Catering staff. 24 hour notice is required to cancel any order. Cancellations received after 2pm the day before a scheduled delivery day will incur a 25% charge of the order total.

Same day cancellations will be charged for the full amount.

GRATUITIES Our Catering Staff prepares each order with care. We strive to replicate an in-store dining experience. Please consider showing your appreciation for their efforts by leaving a gratuity. We recommend 10-18% of the pre-tax total. Delivery fees are not considered gratuities and are used to cover the cost of operating the delivery vehicle.

Prices and menu items are subject to change without notice.

Allergy Statement: Many of our products contain, or come into contact with, common allergens such as wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish. Although efforts are made to avoid cross-contamination of allergens, Fast n Fresh does not guarantee that cross-contamination will not occur. Before placing your order, please inform your server if someone in your party has an allergy.

CONTACT

Catering Office:

(941) 462-2650 extension 3

Email: catering@eatfastnfresh.com

Proudly Featuring

Boar's Head
PREMIUM DELI MEATS & CHEESES

Summer 2015