

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!

**DOWNTOWN SARASOTA
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**LAKWOOD RANCH
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**SHOPPES @ UTC
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**SAVE TIME ORDER ONLINE
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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

*We
Eater!*

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

EATFASTNFRESH.COM/CATERING

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