

WE would like to welcome new readers to **fresh-pressed**, our quarterly newsletter, keeping you up-to-date on all things fresh. Check out our website at www.freshrestaurants.ca for tons of information about our menus, locations, ingredients, cookbooks and history.

Fresh, originated in 1992 as *Juice for Life*, was created to feed hungry Toronto vegetarians and non-vegetarians alike, with foods and fresh-squeezed juices that would tantalize your taste buds and challenge the stereotype that healthy food is bland or boring. We are built on a strong foundation of guiding principles that contribute to your good health, a stronger community and a better world.



FreshCard \$100 Winner

Congratulations
DARIA WHITE

*Thank you for
your feedback!*



Refresh Cookbook Winner

Congratulations
LIZA WATSON

*Thank you for signing up
for our newsletter!*

the fresh shop

Our online **fresh shop** is now open! Our new shop will allow customers to buy, reload and check fresh gift card balances, purchase fresh cookbooks and baggu bags by using their credit card! We will ship anywhere in Canada or internationally. Just go to our website at www.freshrestaurants.ca and click on **shop**.

meal deals

Our **meal deals** have shifted to weekdays between 3 and 6 pm at all locations. Our **meal deals** are offered "while quantities last" so be sure to come in sooner rather than later in order to get one. Each day we will select one meal and one juice and offer it at half-price to our customers. *Meal deals are NOT available for phone in orders.*



for fresh soup-lovers!

Now you can find out quickly which of our delicious and filling soups are being served each day at your favourite fresh location by going to the home page of our website at www.freshrestaurants.ca. Each of our three locations now serves two daily house-made vegan soups. To save you time phoning-in to find out, as each soup sells out and a new soup is offered, we will update the home page for you to see. You can also follow our daily soup selection at your favourite location on twitter, as well as on our facebook page.

we are socially connected!

We are making friends all the time and now we have an internet social networking lounge where we can get to know each other better. Sign on to see what delicious tricks we are up to and to meet other fans of *Fresh*. Daily posts include our ever-changing soups, celebrity sightings, photos and fresh-worthy news.

Follow us on Twitter and let us know how you feel about us.

www.twitter.com/freshonspadina

www.twitter.com/freshonbloor

www.twitter.com/freshoncrawford

Or, be a fan of *Fresh* on Facebook at:

www.facebook.com/freshrestaurants





BLOOR



CRAWFORD



SPADINA

new dessert line-up

Here is our new line-up of vegan, certified kosher desserts.

GLUTEN-FREE DESSERTS dark chocolate walnut brownies / caramel almond shortbread / flourless cashew cookies

CUPCAKES chocolate mint / lavender chocolate / Madagascar vanilla / vanilla chocolate

DEEP DISH FRUIT TARTS apple crumble / wild blueberry

MUFFIN chocolate banana

SQUARES coconut medjool date

CAKES double chocolate fudge / carrot

a new cookbook

We have just signed on to write our fourth cookbook. The release date is spring 2011. This cookbook will include a greater scope of nutritional information on issues that our customers often ask us about including what the best plant-based food sources are for calcium, protein and iron. How do we feed ourselves delicious food and juice and still get everything we need nutritionally as vegetarians? Recipes will include current menu items along with unveiling new fresh creations.

cookbook recipe contest

If you have a personal favourite recipe that you have created yourself and you think is awesome, then send it in and we will test it. We will credit you for the recipe in the cookbook if it gets published.

a fresh food recipe for you

Here is one of our favourite winter soups. This is a hugely popular soup that is not yet published in any of our cookbooks. Enjoy!

Leek & Sweet Potato with Green Kale & Thyme

- 1 tablespoon canola oil
- 2 cups sweet potato (chopped & peeled)
- 2 cups leeks (chopped & washed)
- 1 cup green kale (chopped)
- 4 cups vegetable stock
- 1 teaspoon fresh thyme

Heat the canola oil in a soup pot. Add the leeks and saute until soft. Add the remaining ingredients and cook until the sweet potato is soft. Remove half the amount to a separate container and puree. Put back into soup pot and add the chopped kale. Add salt to taste. Bring back to a boil and serve as soon as green kale is tender.

a fresh juice recipe for you

Peanut butter and bananas have a special affinity that is irresistible to most of us. Throw in chocolate and it's a match made in heaven.

Swoosh

- 1 tbsp natural peanut butter
- 1 banana (peeled)
- 1 cup vanilla soymilk
- 1 tbsp maple syrup
- 1 tbsp dark cocoa powder
- 1 tbsp Proteins +
- Pinch cinnamon
- 3 cubes ice

Use a blender to combine peanut butter, banana, soymilk, maple syrup, Greens +, protein powder, cinnamon and ice until creamy and smooth. Pour into a glass and serve.

Serves 1-2