

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](http://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  
**DANIELLE SERVEDIO**

*Thank you for  
your feedback!*



**Refresh Cookbook Winner**  
Congratulations  
**BONNIE NORTON**

*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](http://www.freshrestaurants.ca) and click on **shop**.

### meal deals

Our **meal deals** have shifted to weekdays between 3 and 6 pm at all locations. 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](http://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.

### specials of the month

These are the monthly specials that proved popular with you, our hungry enthusiastic customers, and that have made it onto our new fall menus: the **bbq burger**, the **chopped caesar salad**, **avocado white bean dosas** and finally, our decadent **quinoa-battered onion rings**. As well, when we invited you to tell us what you wished to see on our new fall menus you said a side salad to go with the burgers and wraps. So, we created the **Fresh house-made slaw** which now accompanies each burger and wrap. You also asked for more baby bowls and smaller-portioned salads. In response, we have added the **baby beach bowl** and added two more salads: the **mini-life** (a smaller version of the mega-life) and the **chopped caesar salad**.

### fresh prix fixe \$21

The popularity of **prix fixe meals** has gotten our attention, so we've designed our own healthy version of the prix fixes offered around town these days. Our notion is for you to have a chance to share, get excellent value and try new things on the menu. For **\$21** you can enjoy a four course meal that includes a thoughtful selection of juice, starters, fresh bowls or salads and desserts. The prix fixe is available for dine-in or take-away.



BLOOR



CRAWFORD



SPADINA

## new fall 2009 menus – launched!

We love coming up with new ideas, new ingredients and new recipes.

The following is a list of the totally new items on our menus:

### FOOD

**avocado white bean dosas** – Indian spiced pancakes filled with white beans, chipotle avocado sauce, red onion, tomato & cilantro

**quinoa-battered onion rings** – made-from-scratch and battered with puffed quinoa

**chopped caesar salad** – crunchy tempeh bits, edamame, sun-dried tomato, jicama, red pepper, napa cabbage, pine nuts & salad greens tossed in our creamy vegan caesar dressing

**bbq burger** – tangy bbq sauce, quinoa-battered onion rings, garlic mayo, napa cabbage, hot banana chilies, tomato & lettuce

**slaw** – every burger and wrap now automatically comes with our own house-made slaw. Made from green and red cabbage, soaked in a juicy tangy marinade and spiced – it is a nice companion to the burgers and wraps on the plate.

### JUICE

These new juices continue to break the rules and lead the way toward innovative, nutritious and delicious shakes and juices!

**avocado smoothie** – avocado, banana, spinach, pure coconut water \* (this might sound crazy but it is sooo delicious!)

**fruity green power shake** – broccoli, spinach, pineapple, mango, banana, orange & greens +

**pomegranate acai** – organic acai & guarana, mango, cherry & pomegranate

**chocolate ginger espresso shake** – ginger, dark cocoa, banana, organic milk & organic espresso

**tropic thunder protein shake** – almond butter, spirulina, pure coconut water, banana & protein powder

## welcome back to our past!

We have brought back by popular demand several of our beloved dishes and juices from past menus:

**jerusalem rice bowl** – hummus, grilled spinach, tomato, cucumber, parsley, red onion, sunflower sprouts, olive oil, tamari, mixed herbs, lemon & chili powder

**green destiny salad** – tofu steaks, grilled red pepper, jicama, arame, cucumber, toasted almonds, green onions & bean sprouts

**hangover helper shake** – wheatgrass, orange juice, banana, ginger & spirulina

**strawberry fields** – strawberry, banana, pineapple & wheatgrass

**iron maiden immune elixir** – spirulina, beet, spinach, carrot

**singers saving grace (hot)** – pineapple, pear, ginger, cloves & royal jelly (non-vegan)

**chai chiller** – organic chai, coconut milk, banana, soymilk & cinnamon

## smaller size options!

We know our portions are very generous. This is because we want you to feel full and satisfied when you get up after your meal at fresh. However, recognizing that our customers would also like to have room to sample more than one dish and possibly enjoy a juice with their meal, we have introduced some smaller portions in several sections.

- \* all juices are now available in a smaller 12 ounce size as well as the regular 16 ounce and 32 ounce size
- \* the mega-life salad is now available in the “mini-life” size
- \* the garden, chopped caesar and the tangled thai salads are served in smaller bowls that pair nicely with a cup or bowl of soup
- \* the beach, dragon, warrior, buddha and energy bowls are now available in the “baby” bowl size
- \* the burgers and wraps are all available on a bed of lettuce instead of on a bun or wrap