

fresh
start
foods

GRAB N' GO

PRODUCT

Catalogue

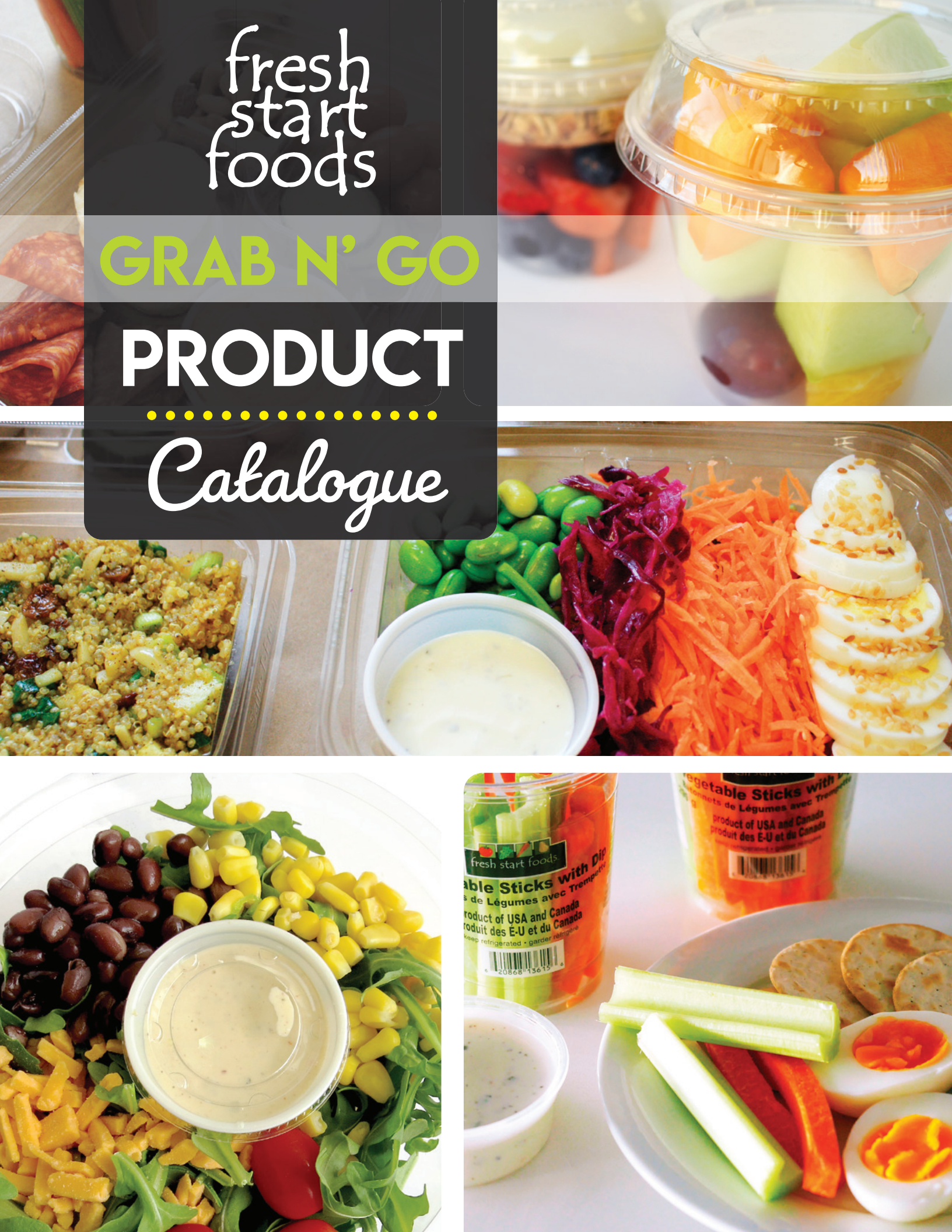


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*CROSS-CONTAMINATION MAY
OCCUR DURING THE PRODUCTION
PROCESS.





fresh start foods

ABOUT

.....

OVER
25
YEARS



Fresh

TRADITIONAL
AND
GOURMET
PRODUCTS

PURPOSE:

BE RECOGNIZED
FOR HIGH QUALITY
INNOVATION AND BE
A LEADER IN THE FOOD
SERVICE INDUSTRY

SQF CERTIFIED

.....

*Watchful and committed to staying
on top of current and upcoming trends*

.....

WE CAN:

CREATE and LAUNCH a full line of
products or ASSEMBLE products for



.....

*We are sensitive to our customer's dietary restrictions and offer a
range of vegetarian, vegan, keto, gluten free and halal options*

.....



OUR FLEET OF REFRIGERATED TRUCKS PROVIDE
SAFE DISTRIBUTION FOR YOUR PRODUCTS

CONTACT US FOR MORE INFORMATION:
1-800-563-5033
FSFEORDERS@FRESHSTARTFOODS.COM





fresh start foods

WHAT WE

.....

Bring



CO-PACKING
PRIVATE LABELLING
PRODUCT ASSEMBLY

MEAL KITS
DELI SALAD KITS
SANDWICHES & WRAPS
LEAF SALADS (ENTREE AND SIDE)
COMPOSED SALADS (BULK AND RETAIL)
BENTO BOXES
SNACK BOWLS & CUPS
FRUIT & YOGURT PARFAITS

*Products are produced in a facility where a variety of gluten and meat products are handled. Please be aware that cross-contamination may occur in the production process.



fresh start foods

SQF

.....

Certified



CERTIFICATE
OF REGISTRATION

AT FRESH START FOODS, WE TAKE PRIDE IN OUR FOOD SAFETY. OUR QUALITY ASSURANCE TEAM HAS DEVELOPED COMPREHENSIVE PROGRAMS AND A COMPLETE SET OF GUIDELINES, PRACTICES, AND PROCEDURES THAT COVER ALL ASPECTS OF OUR BUSINESS. OUR PRODUCTS ARE PRODUCED IN A FOOD-SAFE MANUFACTURING FACILITY THAT IS S.Q.F CERTIFIED. OUR QUALITY ASSURANCE DEPARTMENT MONITORS PRODUCTION TO ENSURE THE HIGHEST GOOD MANUFACTURING PRACTICES (GMP'S) ARE MAINTAINED AT ALL TIMES.

Incoming material inspections are conducted at the point of receiving and again prior to processing. Multiple quality assurance testing is completed at various stages at scheduled intervals within our facility. Documented cleaning and sanitizing procedures are in place and are maintained and monitored daily by 3rd party companies and on-site QA personnel. By choosing us as your foodservice distributor, you can be absolutely confident knowing that a team of dedicated, highly-trained quality professionals ensure you receive safe, consistent, and quality products every time.

Our cold channel distribution ensures that your products remain at a safe temperature, from leaving our facility to entering yours.

*Products are produced in a facility where a variety of gluten and meat products are handled. Please be aware that cross-contamination may occur in the production process.



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Sandwiches

TRADITIONAL. GOURMET.

TRADITIONAL SANDWICHES

Types of Bread

CIABATTA: *a type of flat, open-textured Italian bread with a floury crust, made with olive oil*

MULTIGRAIN: *a type of bread prepared with two or more types of grain, such as barley, flax, millet, oats, wheat, and whole-wheat flour, among others*

FOCCACIA: *a type of flat Italian bread made with yeast and olive oil and flavored with herbs*

GLUTEN FREE: *gluten-free bread excludes the protein gluten*

WHITE: *white bread refers to breads made from wheat flour from which the bran and the germ layers have been removed from the whole wheatberry as part of the flour grinding or milling process, producing a light-coloured flour*

WHOLE WHEAT: *whole wheat bread or wholemeal bread is a type of bread made using flour that is partly or entirely milled from whole or almost-whole wheat grains*

TUNA SALAD WHITE WEDGE SANDWICH



ITEM #: 5300

PACK SIZE: 3 x 163 g

- classic tuna salad with tender green leaf lettuce on sliced white bread

SHELF LIFE
4 DAYS

TUNA SALAD WHOLE WHEAT WEDGE SANDWICH



ITEM #: 8080

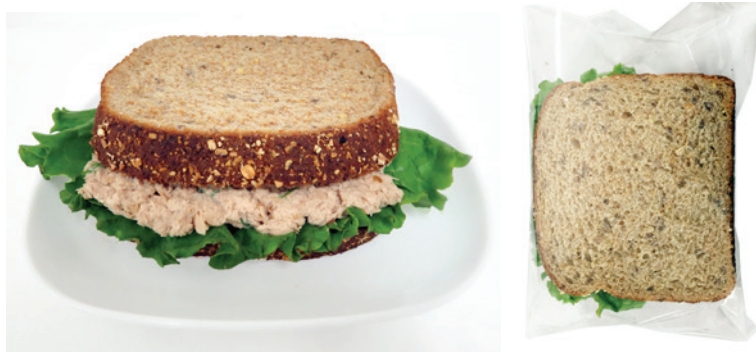
PACK SIZE: 3 x 167 g

- classic tuna salad with tender green leaf lettuce on sliced whole wheat bread

SHELF LIFE
4 DAYS

TRADITIONAL SANDWICHES

TUNA SALAD MULTIGRAIN SANDWICH



ITEM #: 5301

PACK SIZE: 3 x 190 g

- classic tuna salad with tender green leaf lettuce on sliced multigrain bread

**SHELF LIFE
4 DAYS**

EGG SALAD WHITE WEDGE SANDWICH



ITEM #: 5302

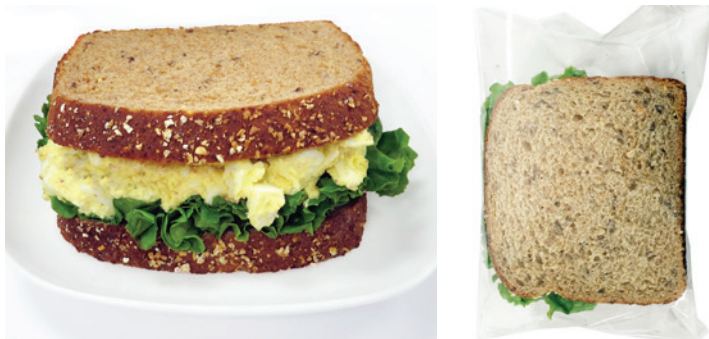
PACK SIZE: 3 x 168 g

- classic egg salad with tender green leaf lettuce on sliced white bread



**SHELF LIFE
4 DAYS**

EGG SALAD MULTIGRAIN SANDWICH



ITEM #: 5339

PACK SIZE: 3 x 193 g

- classic egg salad with tender green leaf lettuce on sliced multigrain bread



**SHELF LIFE
4 DAYS**

EGG SALAD WHOLE WHEAT WEDGE SANDWICH



ITEM #: 8079

PACK SIZE: 3 x 168 g

- classic egg salad with tender green leaf lettuce on sliced whole wheat bread



**SHELF LIFE
4 DAYS**

TRADITIONAL SANDWICHES

HAM & SWISS WHITE WEDGE SANDWICH



ITEM #: 5303

PACK SIZE: 3 x 152 g

- black forest ham and tangy swiss cheese with tender green leaf lettuce on sliced white bread

**SHELF LIFE
4 DAYS**

HAM & SWISS WHOLE WHEAT WEDGE SANDWICH



ITEM #: 5304

PACK SIZE: 3 x 156 g

- black forest ham and tangy swiss cheese with tender green leaf lettuce on sliced whole wheat bread

**SHELF LIFE
4 DAYS**

HAM & SWISS MULTIGRAIN SANDWICH



ITEM #: 5305

PACK SIZE: 3 x 174 g

- black forest ham and tangy swiss cheese with tender green leaf lettuce on sliced multigrain bread

**SHELF LIFE
4 DAYS**

TURKEY & CHEDDAR MULTIGRAIN SANDWICH



ITEM #: 5310

PACK SIZE: 3 x 179 g

- tender turkey breast and sharp cheddar cheese with green leaf lettuce on sliced multigrain bread

**SHELF LIFE
4 DAYS**

TRADITIONAL SANDWICHES

ROAST BEEF & CHEDDAR MULTIGRAIN SANDWICH



ITEM #: 5309

PACK SIZE: 3 x 179 g

- tender roast beef and sharp cheddar cheese with green leaf lettuce on sliced multigrain bread

SHELF LIFE
4 DAYS



TURKEY GLUTEN FREE SANDWICH



ITEM #: 5307

PACK SIZE: 3 x 149 g



- tender turkey breast with green leaf lettuce on sliced gluten free bread

SHELF LIFE
4 DAYS

CHICK PEA SALAD GLUTEN FREE SANDWICH



ITEM #: 5308

PACK SIZE: 3 x 161 g



- creamy chickpea salad with crisp tomato slices and tender green leaf lettuce on sliced gluten free bread

SHELF LIFE
4 DAYS

GOURMET SANDWICHES

TURKEY DIJON SOFT WHITE CIABATTA (3" X 6")



ITEM #: 5311

PACK SIZE: 3 x 236 g

- tender turkey breast with crisp cucumber, tomato slices, romaine lettuce and grainy dijon mustard on a soft white ciabatta bun

**SHELF LIFE
4 DAYS**

TURKEY DIJON MULTIGRAIN CIABATTA (3" X 6")



ITEM #: 8070

PACK SIZE: 3 x 236 g

- tender turkey breast with crisp cucumber, tomato slices, romaine lettuce and grainy dijon mustard on a multigrain ciabatta bun

**SHELF LIFE
4 DAYS**

TURKEY CLUB SOFT WHITE CIABATTA (3" X 6")



ITEM #: 5312

PACK SIZE: 3 x 226 g

- tender turkey breast and crispy bacon with romaine lettuce and mayo on a soft white ciabatta bun

**SHELF LIFE
4 DAYS**

CHICKEN SALAD SOFT WHITE CIABATTA (3" X 6")



ITEM #: 8067

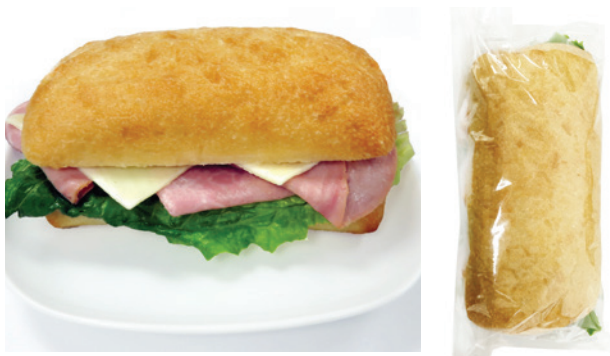
PACK SIZE: 3 x 254 g

- creamy chicken salad with crisp romaine lettuce on a soft white ciabatta bun

**SHELF LIFE
4 DAYS**

GOURMET SANDWICHES

HAM & SWISS SOFT WHITE CIABATTA (3" X 6")



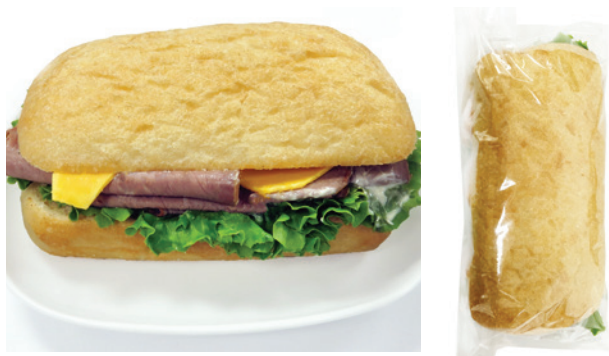
ITEM #: 8068

PACK SIZE: 3 x 229 g

- black forest ham and tangy swiss cheese with crisp romaine lettuce on a soft white ciabatta bun

**SHELF LIFE
4 DAYS**

ROAST BEEF SOFT WHITE CIABATTA (3" X 6")



ITEM #: 8069

PACK SIZE: 3 x 205 g

- tender roast beef and sharp cheddar cheese with crisp romaine lettuce and spicy horseradish mayo on a soft white ciabatta bun

**SHELF LIFE
4 DAYS**

ROASTED VEGETABLE & HUMMUS MULTIGRAIN CIABATTA (3" X 6")



ITEM #: 8078

PACK SIZE: 3 x 272 g

- a delicious blend of roasted vegetables with hummus on a multigrain ciabatta



**SHELF LIFE
4 DAYS**

CHICKEN TOSCA 6" FOCCACIA SANDWICH



ITEM #: 5313

PACK SIZE: 3 x 292 g

- tender grilled chicken breast with oven roasted red peppers and tangy pesto on a folded foccacia bread

**SHELF LIFE
4 DAYS**



Wraps

WRAPS

CHICKEN TANDOORI WHOLE WHEAT WRAP



ITEM #: 5315

PACK SIZE: 3 x 243 g

- exotic flavours of chicken tandoori sauce covered chicken breast, fresh cilantro, sweet tomato chutney, light weight spring mix lettuces and cream cheese wrapped in a whole wheat tortilla

**SHELF LIFE
3 DAYS**

CHICKPEA & COUSCOUS WHOLE WHEAT WRAP



ITEM #: 5316

PACK SIZE: 3 x 219 g

- our chickpea and couscous salad with hummus and tender baby spinach wrapped in a whole wheat tortilla



**SHELF LIFE
3 DAYS**

POTATO KATI WHOLE WHEAT WRAP



ITEM #: 5317

PACK SIZE: 3 x 291 g

- vegan indian filling with creamy hummus, fresh vegetables and baby spinach wrapped in a whole wheat tortilla



**SHELF LIFE
3 DAYS**

TUNA SALAD WHOLE WHEAT WRAP



ITEM #: 5318

PACK SIZE: 3 x 232 g

- tuna salad with light weight spring mix lettuces, crunchy carrots, fresh cilantro and cream cheese wrapped in a whole wheat tortilla

**SHELF LIFE
3 DAYS**

WRAPS

CHICKEN CAESAR WHOLE WHEAT WRAP



ITEM #: 5319

PACK SIZE: 3 x 315 g

- tender grilled chicken breast with sharp shredded parmesan cheese, crisp romaine lettuce and a creamy asiago caesar dressing wrapped in a whole wheat tortilla

**SHELF LIFE
3 DAYS**

THAI CHICKEN WHOLE WHEAT WRAP



ITEM #: 5320

PACK SIZE: 3 x 251 g

- tender chicken breast with a cabbage and pepper mix, cream cheese, fresh coriander, spring mix and a sweet chili sauce wrapped in a whole wheat tortilla

**SHELF LIFE
3 DAYS**

EGG SALAD WHOLE WHEAT WRAP



ITEM #: 5321

PACK SIZE: 3 x 202 g

- classic egg salad with light weight spring mix lettuces and cream cheese on a whole wheat tortilla



**SHELF LIFE
3 DAYS**

CURRY QUINOA TOFU WHITE WRAP



ITEM #: 5322

PACK SIZE: 3 x 267 g

- curry quinoa salad with fresh tofu, creamy hummus and a sweet bermuda onion chutney wrapped in a white flour tortilla



**SHELF LIFE
3 DAYS**

WRAPS

Benefits of Wraps

Wraps are portable, handle-held and offer a variety of healthy options. They are available with protein and loaded with vegetables to suit any craving. Wraps offer a light but very filling alternative to fast food.

FALAFEL & TOMATO WHOLE WHEAT WRAP



ITEM #: 5324

PACK SIZE: 3 x 359 g



- *falafel with green zucchini, crisp tomato, feta cheese, tender baby spinach and tzatziki sauce wrapped in a whole wheat tortilla*

SHELF LIFE
3 DAYS

VEGETABLE WHITE WRAP



ITEM #: 5340

PACK SIZE: 3 x 313 g



- *for the herbivore; cucumber, tomato slices, carrots, red peppers, red onion, baby spinach, tangy feta cheese and guacamole wrapped in a white flour tortilla*

SHELF LIFE
3 DAYS



Green Leaf

ENTREE. SIDE. BOWL.

ENTREE SALADS

CHICKEN CAESAR ENTRÉE SALAD



ITEM #: 5328

PACK SIZE: 3 x 358 g

- crisp romaine lettuce, parmesan cheese, croutons and chicken strips served with a creamy asiago caesar dressing

**SHELF LIFE
3 DAYS**

MANDARIN CHICKEN ENTRÉE SALAD



ITEM #: 5329

PACK SIZE: 3 x 428 g

- a mix of romaine and iceberg lettuces, red bell peppers, almond slivers, mandarin oranges and chicken strips served with asian sesame dressing

**SHELF LIFE
3 DAYS**

SOUTHWEST COBB ENTRÉE SALAD



ITEM #: 5331

PACK SIZE: 3 x 423 g



- mix of romaine and iceberg lettuces, corn, red onion, spicy jalapeño, cherry tomatoes, half a hardboiled egg and ham served with ranch dressing

**SHELF LIFE
3 DAYS**

CHICKEN BLT ENTRÉE SALAD



ITEM #: 5332

PACK SIZE: 3 x 397 g



- a mix of romaine and iceberg lettuces, sharp cheddar, bacon, cherry tomatoes and chicken strips served with ranch dressing

**SHELF LIFE
3 DAYS**

ENTREE SALADS

JULIENNE ENTRÉE SALAD



ITEM #: 5330

PACK SIZE: 3 x 432 g



- mix of romaine and iceberg lettuces, sharp cheddar cheese, cucumber, cherry tomatoes, half a hardboiled egg, ham and turkey served with ranch dressing

SHELF LIFE
3 DAYS



SIDE SALADS

CAESAR SIDE SALAD



ITEM #: 8065

PACK SIZE: 3 x 102 g

- crisp romaine lettuce, parmesan cheese and croutons served with a creamy asiago caesar dressing

**SHELF LIFE
8 DAYS**

GARDEN TOSSED SIDE SALAD



ITEM #: 8066

PACK SIZE: 3 x 197 g



- mix of romaine and iceberg lettuces, crunchy carrots, cucumbers and cherry tomatoes served with a balsamic vinaigrette dressing

**SHELF LIFE
8 DAYS**

APPLE WALNUT & CHEDDAR SIDE SALAD



ITEM #: 5326

PACK SIZE: 3 x 207 g



- spring mix lettuces, spicy red onion, sharp cheddar cheese, walnuts and tart green apple wedges served with a balsamic vinaigrette dressing

**SHELF LIFE
8 DAYS**

PECAN & FETA SIDE SALAD



ITEM #: 5327

PACK SIZE: 3 x 155 g



- spring mix lettuces, spicy red onion, sweet pecans and salty feta served with a balsamic vinaigrette dressing

**SHELF LIFE
8 DAYS**

SALAD BOWLS

CAESAR SALAD BOWL



ITEM #: 1545

PACK SIZE: 6 x 219 g

- crisp romaine lettuce and crunchy croutons served with creamy caesar salad dressing

**SHELF LIFE
8 DAYS**

GARDEN SALAD BOWL



ITEM #: 1546

PACK SIZE: 6 x 265 g

- crisp iceberg lettuce, shredded red cabbage and crunchy shredded carrot served with a balsamic vinaigrette dressing



**SHELF LIFE
8 DAYS**

GREEK SALAD BOWL



ITEM #: 1643

PACK SIZE: 6 x 342 g

- crisp iceberg lettuce, shredded red cabbage, carrots, spicy red onion, grape tomatoes and tangy olives served with a greek feta vinaigrette dressing



**SHELF LIFE
8 DAYS**

CHEF SALAD BOWL



ITEM #: 5582

PACK SIZE: 6 x 185 g

- chopped red leaf lettuce, crisp english cucumber, red cabbage and grape tomatoes served with a balsamic vinaigrette dressing



**SHELF LIFE
8 DAYS**



Shaker

SALADS

SHAKER SALADS

SUPERFOOD MIX SHAKER SALAD CUP



ITEM #: 5362



PACK SIZE: 6 x 266 g

- *couscous, chickpeas, diced cucumber, tomato, spicy red onion, salty feta and baby kale with a greek feta oregano vinaigrette dressing*

**SHELF LIFE
8 DAYS**

VEGGIE QUINOA MIX SHAKER SALAD CUP



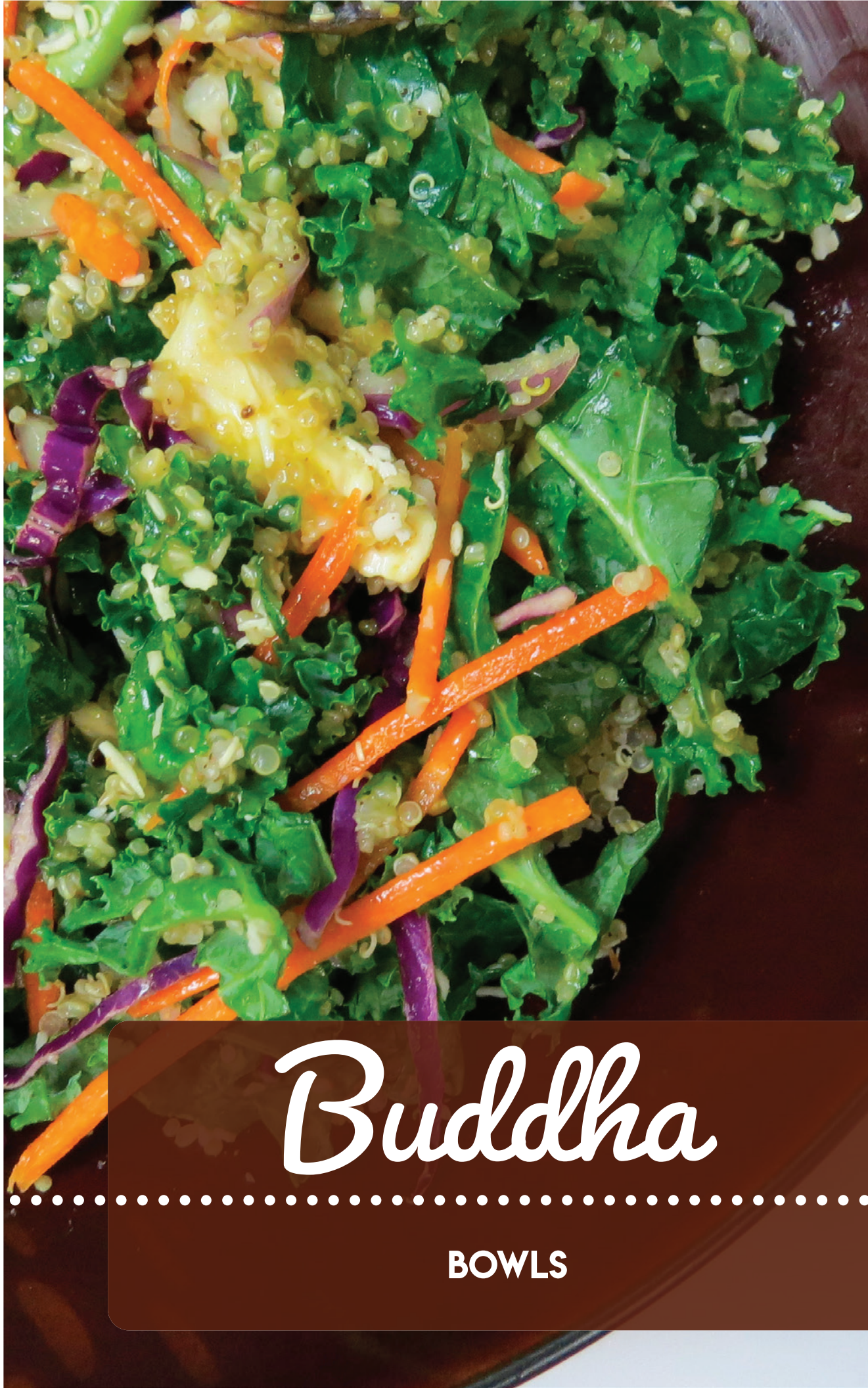
ITEM #: 5365

PACK SIZE: 6 X 228 g

- *a medley of quinoa, corn, black beans, mukimame, red peppers, red cabbage, green onions and baby kale with a classic herb vinaigrette dressing*

**SHELF LIFE
8 DAYS**





Buddha

BOWLS

BUDDHA BOWLS



TEX MEX CHICKEN



ITEM #: 1646

PACK SIZE: 4 x 296 g

- seven grain rice blend, arugula, corn, black bean, roma tomatoes, red bell peppers, green bell peppers and chicken tossed with southwest chipotle ranch dressing

SHELF LIFE
8 DAYS

SPICY THAI PEANUT



ITEM #: 1647

PACK SIZE: 4 x 321 g



- seven grain rice blend, broccoli, nappa cabbage, sugar snap peas, red bell peppers, carrot, edamame, corn with thai peanut dressing

SHELF LIFE
8 DAYS



Composed

INDIVIDUAL PORTIONS.

INDIVIDUAL PORTIONS

CURRY APPLE QUINOA COMPOSED SALAD



ITEM #: 8058



PACK SIZE: 3 x 176 g

- quinoa, fresh diced apples, sweet raisins and almonds tossed with tangy lemon juice, rich indian curry and a touch of cinnamon

**SHELF LIFE
7 DAYS**

MEDITERRANEAN GRAIN STYLE COMPOSED SALAD



ITEM #: 8059



PACK SIZE: 3 x 180 g

- brown rice, protein rich chickpeas, freshly diced cucumbers and sweet bell peppers tossed with spicy oregano and tangy dill

**SHELF LIFE
7 DAYS**

CANADIAN BEAN & BELL PEPPER COMPOSED SALAD



ITEM #: 8061



PACK SIZE: 3 x 233 g

- a medley of beans, fresh sweet bell peppers, red onions and corn tossed in a grainy dijon mustard apple cider dressing

**SHELF LIFE
7 DAYS**

GREEK WHOLE GRAIN PASTA COMPOSED SALAD



ITEM #: 8062



PACK SIZE: 3 x 180 g

- whole wheat rotini pasta with fresh cucumber, red bell peppers, grape tomatoes, parsley, spicy oregano and crumbled feta with a sweet red wine vinegar dressing

**SHELF LIFE
7 DAYS**

INDIVIDUAL PORTIONS

PASTA FUSION COMPOSED SALAD



ITEM #: 8064

PACK SIZE: 3 x 130 g



- tender gemelli pasta with mixed vegetables, edamame and cilantro, tossed in tangy lime juice with a touch of chili powder

**SHELF LIFE
7 DAYS**

SUNFLOWER PESTO AND POTATO COMPOSED SALAD



ITEM #: 5325

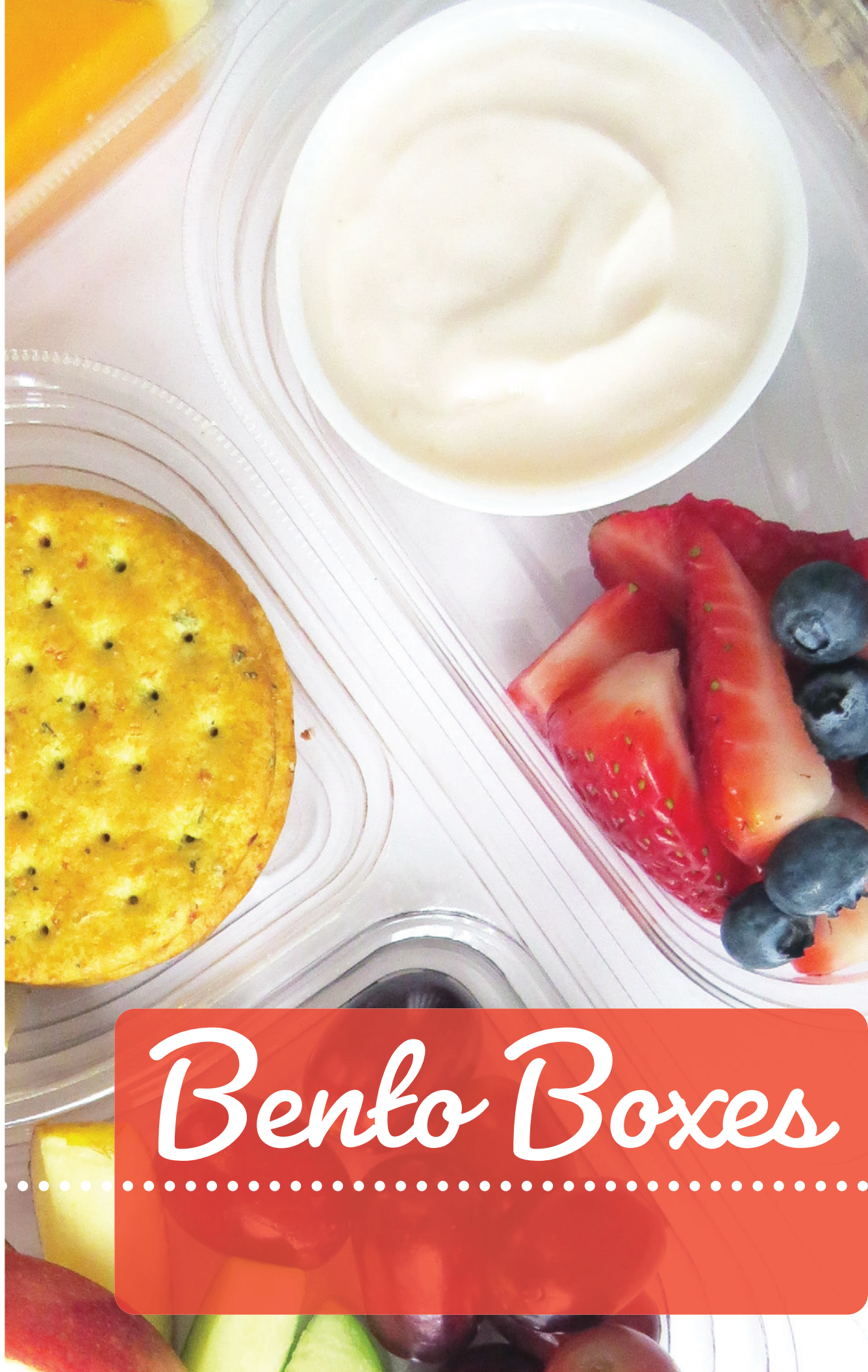
PACK SIZE: 3 x 208 g



- red skin potatoes, sweet red bell peppers, garlic and sunflower seeds tossed in a basil pesto

**SHELF LIFE
7 DAYS**





Bento Boxes

BENTO BOXES

FRUIT & CHEESE BENTO BOX



ITEM #: 5336

PACK SIZE: 3 x 146 g

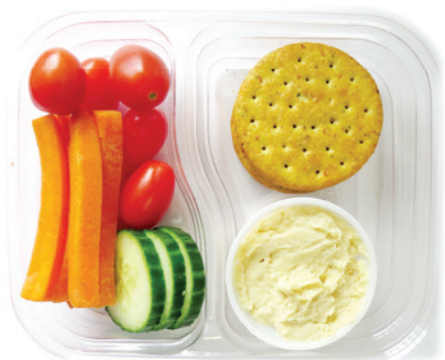


- crackers with swiss and cheddar cheese, grapes and apples

**SHELF LIFE
8 DAYS**



VEGGIE & HUMMUS BENTO BOX



ITEM #: 5353

PACK SIZE: 3 x 180 g



- crackers with smooth hummus, carrot sticks, cucumber coins and grape tomatoes

**SHELF LIFE
8 DAYS**

PROTEIN BENTO BOX



ITEM #: 5355

PACK SIZE: 3 x 198 g

- crackers with swiss and cheddar cheese, two boiled eggs and grapes

**SHELF LIFE
8 DAYS**



Snack Cups

SNACK CUPS

RED APPLE & CARAMEL SNACK CUP



ITEM #: 5013

PACK SIZE: 6 x 148 g

- sweet Royal Gala apple wedges paired with sweet caramel dipping sauce

SHELF LIFE
12 DAYS

GREEN APPLE & CARAMEL SNACK CUP



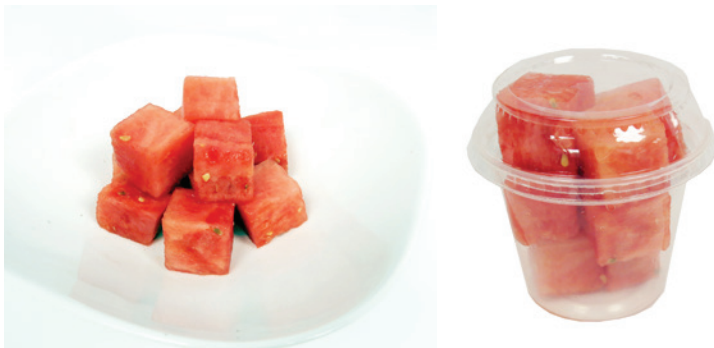
ITEM #: 5014

PACK SIZE: 6 x 216 g

- tart Granny Smith apple wedges paired with sweet caramel dipping sauce

SHELF LIFE
12 DAYS

WATERMELON SNACK CUP



ITEM #: 1825

PACK SIZE: 6 x 180 g



- sweet and refreshing watermelon chunks

SHELF LIFE
6 DAYS

BERRY SNACK CUP



ITEM #: 5583

PACK SIZE: 6 x 235 g



- a medley of sweet berries; strawberries, blueberries and blackberries

SHELF LIFE
8 DAYS

SNACK CUPS

MIXED VEGETABLE SNACK CUP



ITEM #: 5333

PACK SIZE: 6 x 238 g



- fresh broccoli, crunchy carrots, celery and cherry tomatoes with creamy ranch dressing

SHELF LIFE
8 DAYS

VEGGIE MEDLEY & RANCH SNACK CUP



ITEM #: 1814

PACK SIZE: 6 x 145 g



- carrot sticks, broccoli and cauliflower florettes paired with buttermilk ranch dip

SHELF LIFE
8 DAYS

CARROT CELERY & RANCH SNACK CUP



ITEM #: 1815

PACK SIZE: 6 x 155 g



- carrot sticks and celery sticks paired with buttermilk ranch dip

SHELF LIFE
8 DAYS





Parfaits

PARFAITS

PINEAPPLE PINA COLADA PARFAIT CUP



ITEM #: 15957

PACK SIZE: 6 x 143 g



- tart pineapple paired with crisp honey almond granola, toasted coconut and vanilla yogurt

SHELF LIFE
6 DAYS

APPLE CINNAMON CRUMBLE PARFAIT CUP



ITEM #: 15955

PACK SIZE: 6 x 145 g



- sweet Royal Gala apples paired with crisp apple cinnamon granola and vanilla yogurt

SHELF LIFE
8 DAYS

BERRY BERRY PARFAIT CUP



ITEM #: 15956

PACK SIZE: 6 x 143 g



- sweet strawberries and blueberries paired with crisp honey almond granola and vanilla yogurt

SHELF LIFE
8 DAYS

MANGO BERRY PARFAIT CUP



ITEM #: 5377

PACK SIZE: 6 x 199 g

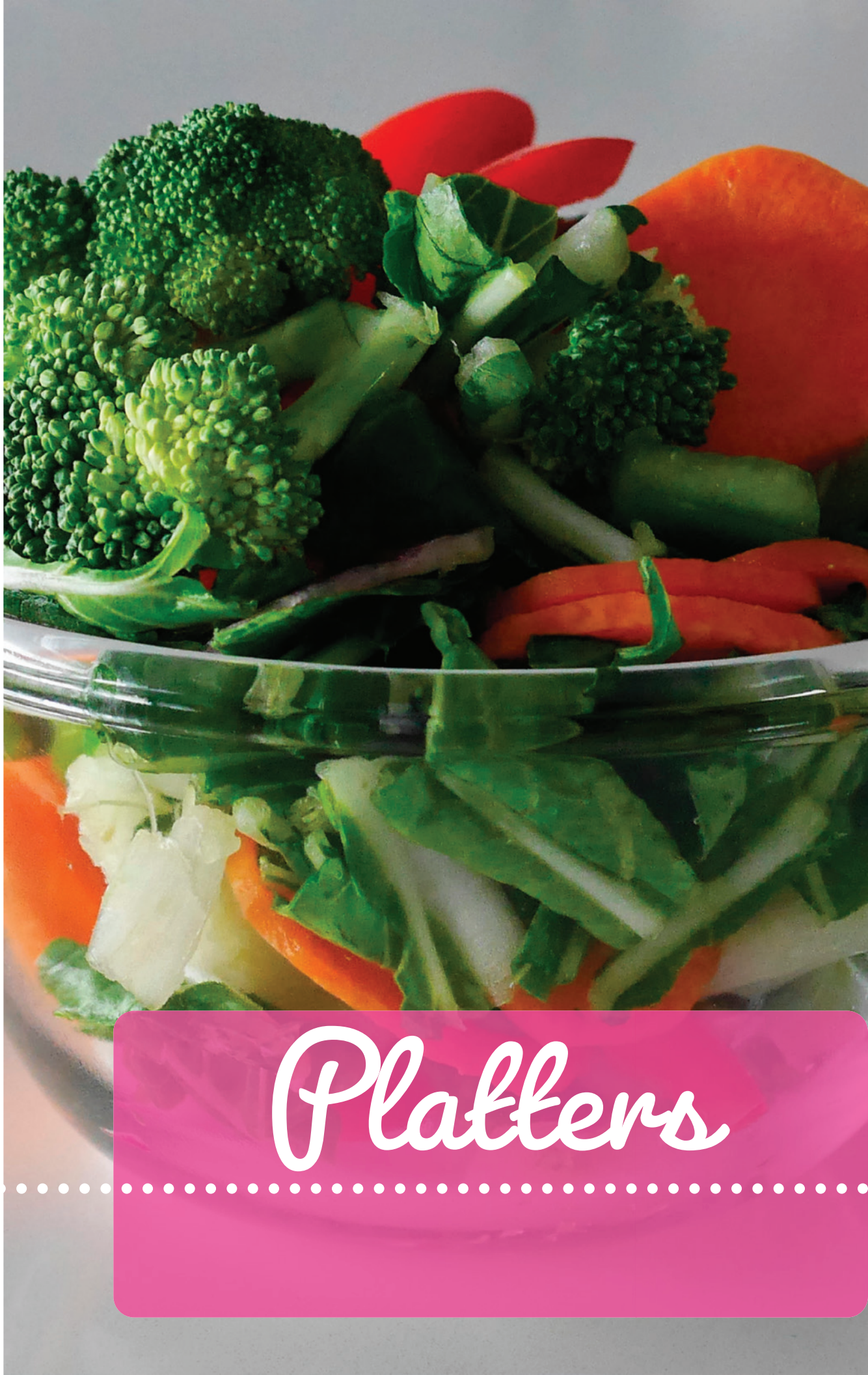
- sweet mangos paired with crisp honey almond granola, toasted coconut and berry vanilla yogurt

ITEM #: 5376

PACK SIZE: 6 x 310 g



SHELF LIFE
6 DAYS



Platters

PLATTERS

FRUIT PLATTER WITH DIP

ITEM #: 1543

PACK SIZE: 4 x 1.62 kg



- fresh cantaloupe, honeydew, pineapple & watermelon with a delicious fruit dip.

**SHELF LIFE
6 DAYS**



VEGETABLE PLATTER WITH DIP

ITEM #: 1544

PACK SIZE: 4 x 1.52 kg



- fresh broccoli, carrots, celery & cauliflower with a tasty vegetable dip.

**SHELF LIFE
6 DAYS**



CONTACT US FOR MORE INFORMATION:
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