



DELIVERY ORDER FORM

GOURMET SANDWICHES

*For your sandwich bread, please indicate **GO** =Green olive Ciabatta, **TB** =Tomato/basil Ciabatta, **PL** : Plain ciabatta, **RB** : rustic baguette, **MG** : multi grain baguette

QTY	*BREAD		PRICE
<input type="text"/>	<input type="text"/>	BACON AND EGG Back bacon, egg, tomato, mayo, chive	\$11.90
<input type="text"/>	<input type="text"/>	B.L.T. Back bacon, tomato, lettuce, mayo	\$11.90
<input type="text"/>	<input type="text"/>	AVOCADO AND BACON Back bacon, spinach leaves with a spread of fresh avocado, lemon juice, E.V. olive oil and garlic	\$11.90
<input type="text"/>	<input type="text"/>	CHAMPETRE Turkey ham, sliced apple with ricotta cheese, lemon juice, walnut, chive and lettuce	\$12.50
<input type="text"/>	<input type="text"/>	ITALIAN Smoked chicken with a mediterranean spread of black olives, little onion, garlic, fresh basil, capers, mayo, E.V. olive oil and balsamic	\$11.90
<input type="text"/>	<input type="text"/>	PARISIAN Cooked ham, emmental cheese, tomato, butter and lettuce	\$11.90
<input type="text"/>	<input type="text"/>	PROSCIUTTO Prosciutto ham, lettuce, tomato, butter	\$14.90
<input type="text"/>	<input type="text"/>	ROAST BEEF Roast beef, tomato, lettuce, wholegrain mustard	\$12.50
<input type="text"/>	<input type="text"/>	SALAMI Salami, emmental cheese, E.V. olive oil, gurkin and lettuce	\$12.50
<input type="text"/>	<input type="text"/>	SALMON Smoked salmon, black olive tapenade, ricotta cheese, tomato, cucumber and sliced chilli	\$13.50
<input type="text"/>	<input type="text"/>	TUNA Tuna, lettuce, tomato, mayo	\$10.50
<input type="text"/>	<input type="text"/>	VEGETARIAN SANDWICH Choice of 4 vegetables	\$10.50

SLICED BREAD SANDWICHES

Wholemeal sliced bread; 4 triangular bite sizes in 1 sandwich

QTY		PRICE
<input type="text"/>	EGG MAYO	\$7.00
<input type="text"/>	TUNA	\$7.00
<input type="text"/>	HAM AND CHEESE	\$7.50
<input type="text"/>	SALAMI	\$8.00

**Email to pblin@freshplus.com.sg,
or call:**
Lay Peng: 66361916
Philippe: 81634429

Contact name: Tel: Company: Delivery address & time: Or I will collect on (date and time):
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CREATE YOUR OWN SALAD

\$11.30

REGULAR SIZE: \$8.70

Each salad contains a generous portion of our FRESH+ lettuce mix.

STEP 1): you select up to 6 of our FRESH+ ingredients

- 1) Cherry tomato 2) French Bean 3) Beetroot 4) Broccoli 5) Capsicum 6) Carrot 7) Celery
- 8) Chick Peas 9) Potato 10) Corn 11) Couscous 12) Home-made Croutons 13) Cucumber
- 14) Egg 15) Kidney Beans 16) Mushroom 17) Black Olives 18) Green Olives 19) Pasta
- 20) Red Radish 21) Red Cabbage 22) Sesame Seeds 23) Sunflower Seeds 24) Snow Peas
- 25) Onion 26) Tofu 27) Baby Spinach Leaves 28) Alfafa Sprouts 29)Green papaya 30)Raisins
- 31) Tuna 32) Asparagus 33) Brown Rice 34) Pumpkin 35) Roasted zucchini 36) Sweet Potato
- 37) Roasted Almonds 38)Green mango 39)Roasted chicken 40)Smoked chicken

Note: add \$0.40 (Regular) or \$0.60 (Large) for each portion of chicken

STEP 2) You may select some of our Gournextras for an additional \$3.40 each

- A) Back Bacon, B) Cooked Ham, C) Turkey Ham, D) Salami, E) Grilled prawns, F) Smoked duck
- G) Roast Beef, H) Prosciutto, I) Feta, J) Goat Cheese, K) Blue Cheese, L) Parmesan, M)fresh Mozzarella,
- N) Basil Leaves, O) Sun Dried Tomatoes, P) Smoked Salmon

STEP 3) Choose one of our home-made dressings

- 1. Sauce Ravigote :** Extra Virgin Olive Oil, Balsamic, Fresh Parsley, Little Onion, Capers
- 2. Lemon Soya Sauce :** E.V. Olive Oil, Soya Sauce, Rice Vinegar, Lemon Juice, Honey, Lemon Peel
- 3. Honey and Mustard :** E.V. Olive Oil, White Vinegar, Wholegrain Mustard, Honey
- 4. Sauce Au Bleu:** Blue Cheese, Mayo, Sour Cream, Chive, White Wine Vinegar
- 5. Sauce Saigon:** Lemon Juice, Fish Stock, Fresh Ginger, E.V. Olive Oil, Sugar
- 6. Yoghurt Pesto:** Yoghurt, pesto giovanese, lemon juice, E.V. Olive Oil
- 7. Sun dried tomato:** Sun dried tomatoes, fresh basil, E. V. Olive Oil, balsamic, salt, pepper
- 8. Super low fat:** Zero fat yoghurt, fresh basil, fresh chilli, lemon juice, vinegar, mustard, salt, pepper

Name	1st item No.	2nd item No.	3rd item No.	4th item No.	5th item No.	6th item No.	Gournextras No.	Dressing No.

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Fresh+ reserves the right to make changes without prior notice



FAVORITE SALADS

QTY		PRICE
<input type="text"/>	AVOCADO CHICKEN SALAD Smoked chicken breast in lemon mayo, avocado, celery, flaked grilled almonds, lettuce	\$14.00
<input type="text"/>	AVOCADO PRAWN A LA PLANCHA Grilled prawns, avocado, lettuce, cherry tomatoes, cucumber, corn and carrot	\$15.00
<input type="text"/>	SALMON SALAD Oven baked fresh salmon steak on a garden salad bed	\$15.00
<input type="text"/>	CAESAR SALAD Romaine lettuce, bacon, croutons, parmesan and home made Caesar dressing	\$11.50
<input type="text"/>	THAIFRESH SALAD Green mango, green papaya, fresh herbs, sprouts, ground peanuts, shrimps, with Thai dressing	\$12.00

<input type="text"/>	SOUP OF THE DAY	\$6.20
<input type="text"/>		
<input type="text"/>		

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DELIVERY ORDER FORM

Fresh orange juice squeezed at the shop

\$4.80

Mountain Ice mineral water	\$2.50
Coke, Coke Light, Coke Zero, Sprite, 100+, Pokka Green Tea, Ice Lemon Tea	\$2.70
Schweppes Ginger Beer, Schweppes Bitter Lemon	\$3.00
Snapple, Diet Snapple	\$4.70
Orangina	\$3.50
Perrier	\$4.30
Japanese Iced Green Tea: \$4.00	
Coconut water	\$3.20
Aloe Vera	\$4.90
Chia drink (orange /passionfruit, or blueberry)	\$5.50

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We provide a range of items for breakfast,
morning and afternoon teas. Please call
Philippe (81634429) for menus and quotations.