



Curb-side Pickup and Delivery Order Form

Please **DOWNLOAD**, fill out and email to grocery@marketfreshguelph.ca

*****Please Read*****

No adjustments or additions once order has been sent.

*Be as detailed and specific as possible. When choosing a flavour offer **1st** and **2nd** choices.*

Frozen product available for CURB-SIDE PICKUP ONLY.

*After submitting this form, please call **519-823-8046** to provide us with your Credit Card information*

***OR** fill it out in the provided space below.*

We will contact you when your order is ready. Please wait to hear from us. No orders are processed, picked-up or delivered on SUNDAYS.

Customer Details	
Name:	Phone Number:
Address:	
Please Specify Pickup or Delivery:	Note: \$30 minimum order for curb-side pickup
Email:	
Credit Card Number (Visa/MC only):	Expiry Date:
Picked by (Office Use Only):	
Would you like to receive future email updates and newsletters from Market Fresh?	

Produce	Quantity	Notes (ie. size, brand, substitutions)
Apples (each, please specify if lbs is preferred) – <i>specify type if desired</i>		
Arugula (container)		
Asparagus (bundle)		
Avocados (each)		
Baby Spinach (container) - <i>regular or organic</i>		
Bananas (bunch) - <i>regular or organic</i>		
Beets (each, please specify if lbs is preferred) - <i>specify red, golden or candy stripe</i>		
Bell Peppers (each, please specify if lbs is preferred) - <i>specify red, yellow, orange or green</i>		
Blueberries (container)		
Broccoli (bunch) - <i>regular or organic</i>		
Brussel Sprouts (each, please specify if lbs is preferred)		
Cabbage (each, please specify if lbs is preferred)) – <i>specify red, green savoy, or green nappa</i>		
Cantaloupe (each) - <i>specify whole, half or cut up in a container</i>		
Carrots – mini (bag)		
Carrots (fresh bunch, bag or loose per lb)		
Cauliflower (each)		
Celery Stalk (each) - <i>regular or organic</i>		
Cilantro (bunch)		
Cluster Tomatoes – (per lb)		
English Cucumber (each)		
Garlic (each, please specify if lbs is preferred) - <i>whole bulb or freshly peeled in container</i>		

Ginger (per lb)		
Grape Tomatoes (container)		
Green Beans (per lb)		
Green onions (bunch)		
Honeydew (each)		
Hot House Tomatoes (each, please specify if lbs is preferred)		
Kale (bunch) - <i>specify green, red, or black</i>		
Leaf Lettuce (each) – <i>Green or Red</i>		
Lemons (each)		
Lemongrass (each bundle)		
Limes (each)		
Mango (each) - <i>regular or ataulfo</i>		
Micro Greens (container) - <i>specify spicy mix, salad mix, sunflower, peashoot, broccoli or radish</i>		
Mushrooms (packaged sliced or whole or loose per lb) – <i>specify white or cremini and package type</i>		
Onion (per lb) – <i>specify red, white, cooking spanish, or sweet</i>		
Oranges - Navel (each, please specify if lbs is preferred)		
Organic Greens from Lovin' Life (bag)		
Parsley (bunch)		
Parsnips (2lb bag or loose per lb)		
Pears (each, please specify if lbs is preferred)		
Pineapple - <i>specify whole, whole cored, or cut up in a container</i>		
Potatoes - mini (bag)		

Radicchio (each, please specify if lbs is preferred)		
Radishes - <i>specify 1lb bag or fresh bunch (each)</i>		
Raspberries (container)		
Red Potatoes (each, please specify if lbs is preferred)		
Rhubarb Local – (per lb) ~ When available		
Roma Tomatoes (each, please specify if lbs is preferred)		
Romaine Lettuce (each)		
Russet Potatoes (each, please specify if lbs is preferred)		
Seedless Grapes – <i>Red or Green (bag by lb)</i>		
Spring Mix (container)		
Squash (per lb) - <i>please specify butternut, pepper or spaghetti</i>		
Strawberries (Clamshell)		
Strawberries Ontario (quart) ~ When available		
Sweet Potatoes/Yams (each, please specify if lbs is preferred)		
Watermelon - <i>please specify whole, quarter piece, slices or cut up in a container</i>		
White Potatoes (each, please specify if lbs is preferred)		
Yukon Gold Potatoes (each, please specify if lbs is preferred)		
Zucchini (each, please specify if lbs is preferred)		
Dressings		
Bolthouse Dressings - <i>caesar, ranch, blue cheese,</i>		

<i>cilantro avocado, salsa ranch</i>		
Feige's Dressings - <i>gourmet German caesar, raspberry, honey mustard & poppy seed, oil</i>		
Mother Raw Dressings - <i>ranch, greek, poppyseed, caesar, japanese, italian, mediterranean</i>		
Renee's Dressings - <i>ranch, caesar, mighty caesar, poppyseed, blue cheese, greek</i>		

Bulk (weighed container approx. 500g)	Quantity	Notes (ie. size, brand, substitutions)
<i>Almonds – specify sliced, slivered, roasted/salted, roasted no salt</i>		
<i>Cashews - raw, roasted/salted</i>		
<i>Chocolate Covered Almonds - specify milk or dark</i>		
Chocolate Peanuts		
Chocolate Raisins		
Cranberries		
Dates		
<i>Deluxe Mixed Nuts - roasted/salted, roasted no salt</i>		
Dried Cranberries		
<i>Gummies - Bears or Worms</i>		
<i>Licorice - specify flavour preference</i>		
Mixed Nuts		
<i>Peanuts - roasted/salted, roasted no salt</i>		
<i>Pecans - halves or pieces</i>		
<i>Pistachios - roasted/salted</i>		

Popcorn Kernels		
Prunes		
Pumpkin seeds - <i>raw</i>		
Raisins - <i>regular or sultanas</i>		
Raw Cashews		
Roasted Jumbo Salted Cashews		
Sesame Sticks		
Smarties		
Sunflower Seeds - <i>raw</i>		
Walnuts - <i>organic pieces</i>		
Wine Gummies		
Yogurt Covered Pretzels - <i>white or milk chocolate</i>		

Floral and Giftware	Quantity	Notes (ie. size, brand, substitutions)
MF'S Featured Hand Tied Bouquets (varies per week)		
River + Ivy Locally Hand Poured Soy Candles ~ <i>Lavender, Peaceful, Lemon Verbena, Pura Vida, Dream</i>		

Deli	Quantity	Notes (ie. size, brand, substitutions)
Black Forest Ham (per lb)		
Capocollo (per lb) – <i>specify hot or mild and lean or regular</i>		
Corned Beef (per lb)		
Montreal Smoked Meat (per lb)		

Mortadella (per lb) - <i>specify regular, hot or lean</i>)		
Oven Roasted Ham - <i>specify Tuscany or Rosemary</i>		
Pastrami (per lb)		
Pepperoni – sliced (weighed container – approx. 250g)		
Prosciutto (per lb) - <i>specify Canadian Sandanielle, Italian, local Guelph Italia or Niagara, Italy di Parma</i>		
Salami (per lb) – <i>specify hot or mild</i>		
Summer Sausage (per lb) - <i>specify noah martin or blue ribbon</i>		
Turkey Breast – sliced (per lb) - <i>specify plain, honey, smoked, Mcleans herb & garlic, tuscany or Liliydale low sodium + nitrate free</i>		
Turkey Kielbasa (per 250g piece)		
Italia Salami Chubs (Cacciatore or Fruilano)		
Bulk Olives (weighted container approx. 16 oz.)		
Kalamata		
Garlic Stuffed		
Pimento Stuffed		
Black Pitted		
Party Mix		
Feta Mix		
Sundried Tomatoes		
Marinated Artichokes		
Marinated Mushrooms		
MF's Own Signature Deli Meat		
Cooked Salmon Steaks (weighed per		

piece) – <i>specify Signature or Maple Dijon</i>		
Maple Sriracha Roast Ham (per lb)		
Roast Beef (per lb)		
Roast Chicken (per lb)		
Roast Turkey (per lb)(Signature or Rosemary)		
Signature Meat Loaf (per lb)		
Cheese	Quantity	Notes (ie. size, brand, substitutions)
Applewood Smoked Cheddar (per lb)		
Brie Round (each)		
Burrata (container)		
Cheddar – shredded (weighed container – approx. 200g)		
Cheddar (per lb) – <i>specify block or sliced and white or orange medium</i>		
Danish Blue Cheese (per lb)		
Feta (container) – <i>specify Cow, Goat or Sheep and Greek or Canadian</i>		
Goat Cheese - <i>mini log, large log, crumble</i>		
Gouda (weighed per piece) - <i>specify regular medium, smoked, or with cumin</i>		
Grated Parmesan (weighed container – approx. 200g) - <i>chunk is available please specify</i>		
Gruyere (weighed per piece)		
Halloumi Cheese (per lb)		
Havarti (per lb) – <i>sliced</i>		
Manchego (per lb)		
Monterey Jack (per lb) – <i>specify block or sliced</i>		
Mozzarella - shredded (weighed		

container – approx. 200g)		
Mozzarella (per lb) – <i>specify block or sliced</i>		
Parmesan (per lb)		
Pecorino (per lb)		
Provolone (per lb)		
Red Leichester (per lb)		
Swiss - <i>specify Jarlsburg or Emmentaler</i>		

Grocery/Pantry	Quantity	Notes (ie. size, brand, substitutions)
Grains (each)		
Cacao - <i>Powder or Nibs</i>		
Cereal – <i>Cheerios, Raisin Bran, Rice Krispies, Organic One Degree</i>		
Chia Seeds		
Crackers – <i>Mary’s, Stonewall, Carrs, Gluten-Free</i>		
Goji Berries		
MF’s Own Dry Pasta - <i>Penne, Rigatoni, Tagliatelle, Papardelle</i>		
Nature’s Mix Granola – <i>Honey Almond, Apple Cranberry, Chocolate Chip</i>		
Oatmeal		
Oats - <i>regular, think or gluten-free</i>		
Quinoa		
Rice – <i>White, Brown, Basmati</i>		
Turmeric Powder		
Canned Tomatoes (each)		

Crushed		
Diced		
Whole		
San Marzano D.O.P. Tomatoes		
Tomato Sauce (each)		
Alfredo		
Basil		
Garlic		
No Sugar Added Pasta Sauce		
Pizza Sauce		
Tomato Paste		
Canned Beans & Lentils (each)		
Black Beans		
Chickpeas		
Dried Lentils		
Kidney Beans		
Organic Canned beans - <i>please specify desired flavour</i>		
Canned Fish (each)		
Anchovies		
Canned Salmon		
Canned Tuna		
Mackerel		
Sardines		

Condiments and Spreads		
Ketchup (each)		
Local Honey (500mL/1kg)		
Local Jam (each) – <i>please specify flavour choices</i>		
Local Maple Syrup (250mL/500mL)		
Mayonnaise (each)		
Mustard (each) – <i>specify regular, grainy, dijon or honey</i>		
Peanut Butter (each)		
Nut Butter – <i>please specify flavour</i>		
Relish (each) - <i>please specify red, green or yellow</i>		
Soup Stock		
Chicken		
Beef - <i>regular or organic</i>		
Mushroom		
Vegetable		
Bouillon cubes – <i>please specify flavour</i>		
Oil and Vinegars		
Avocado Oil (each)		
Canola Oil (each)		
Coconut Oil (each)		
Flaxseed Oil (each)		
Hazelnut Oil (each)		
IGP Premium Certified Olive Oil (each)		
Olive Oil (each)		
Organic Certified Olive Oil - <i>Jesse Tree or</i>		

<i>Paesemio</i> (each)		
Single Estate Olive Oil (each)		
Sunflower Oil (each)		
Toasted Sesame Oil (each)		
Walnut Oil (each)		
Balsamic Vinegar (each)		
15 Year Aged Balsamic Vinegar (each)		
Red Wine Vinegar (each)		
White Vinegar (each)		
Vin Cotto (Cooked Balsamic)		
Baking Essentials		
Baking Powder (each)		
Baking Soda (each)		
Cacao Powder (each)		
Chocolate Chips (package) - <i>regular, dairy-free, or keto friendly</i>		
Flour – <i>specify All Purpose, Whole Wheat, Pastry, 00 Pizza (2.5kg)</i>		
Gluten-Free Flour (each)		
Pancake Mix (each)		
Sugar – <i>specify white or brown</i>		
Yeast (24g package)		
Coffee and Tea		
Local Balzacs (each - please specify ground or whole bean coffee)		
Local Kicking Horse (each - please specify ground or whole bean coffee)		
Local Planet Bean (each - please specify ground		

or whole bean coffee)		
Tea (regular/decaf)		
Other		
Apple Sauce (500mL)		
Coconut Milk – <i>Canned Full Fat or Light</i>		
Jarred Peaches – Golden Acres Brand (1L jar)		
Jarred Pears – Country Flavour Preserves (1L jar)		

Beverages	Quantity	Notes (ie. size, brand, substitutions)
Coconut Water (1L tetra)		
Cold Brew - <i>Station Cold Brew or Balzac's</i>		
Distilled Water (4L bottle)		
Fever Tree (6) – <i>Ginger Beer, Tonic or Soda or seasonal flavours</i>		
La Croix (8) - <i>specify desired flavour: new flavours are watermelon, hibiscus and limoncello</i>		
Natural Bottled Water (24)		
Orange Juice (each)		
Perrier - <i>strawberry, peach, pineapple, lemon, grapefruit or lime</i> (6pk 500mL bottle)		
Pop (12 case) – Pepsi, Diet Pepsi, Gingerale or Rootbeer		
Rise Kombucha (1L) – <i>please specify flavour: new flavours are mango papaya, raspberry vanilla, kiwi pineapple, watermelon mint</i>		
San Pellegrino – <i>Lemon Raspberry, Clementine, Pomegranate, Peach Mandarin, Watermelon, Blood Orange</i> (6pk cans) - 2/\$10		

Snacks	Quantity	Notes (ie. size, brand, substitutions)
Chips (each)		
Avocado Chips		
Bean Chips		
Kettle Chips		
Lays Chips – <i>specify flavour choices</i>		
Ms. Vickie’s Chips – <i>specify flavour choices</i>		
Neal Brothers Organic – <i>specify Regular or Blue Corn</i>		
Pretzels		
Smartfood Popcorn		
Gourmet Popcorn		
Taco Farm Nachos		
Tostitos – <i>Multigrain or Regular</i>		
Chocolate Bars (each)		
Camino Fair Trade/Organic – <i>specify milk or dark</i>		
Chocosol Chocolate		
Green & Black Organic Fairtrade Chocolate		
Keto - Lily’s and Chocxo Chocolate		
Whittaker's Chocolate		
Cliff Bars (box of 12)		
Chocolate Chip		
Crunchy Peanut Butter		
White Chocolate Macadamia		

Individual Bars		
Clif Bar - <i>specify flavour</i>		
Good Fats Keto Bars - <i>specify flavour</i>		
Lara - <i>specify flavour</i>		
Made Good - <i>Gluten-free and Vegan</i>		
Simply Protein - <i>specify flavour</i>		
MF's Butcher Shop: Meat and Fish	Quantity - please specify per package or per piece with Butcher Shop Items	Notes (ie. size, brand, substitutions)
Beef Cuts (per lb)		
Lean Ground Beef - <i>please specify 1lb pack or 2lb family size pack</i>		
Grass Fed Ground Beef		
Stewing		
Rib eye (per piece)		
Striploin (per piece)		
Pot Roast		
Flank Steaks - <i>plain, red wine & shallots, Korean BBQ, coffee & black pepper, jalapeno tequila</i>		
AAA Beef Tenderloin		
Sirloin Tip Steaks - <i>AAA or Grass-fed</i>		
Grass-fed Striploin Steaks		
Top Sirloin Steaks		
Short Ribs - <i>braising or marinated korean style</i>		

Marrow Bones		
Soup Bones		
Beef Service Case		
Wagyu Top Sirloin Cap		
Wagyu Top Sirloin Heart		
Canada Prime T-Bone		
Canada Prime Beef Tenderloin		
Canada Prime Striploin		
Canada Prime Ribeyes		
Wild Boar Rib Chops		
Pork (per lb)		
Breakfast Sausage (package)		
Boneless Pork Shoulder		
Full Rack of Ribs		
Ground Pork		
Kansas City COOKED Pork Back Ribs – Heat and serve (full rack) - SEASONAL		
Peameal Bacon (package)		
Pork Chops – Bone in (2 per package)		
Pork Chops – Boneless (2 per package)		
Pork Tenderloin (each)		
Bacon Selection		
Market Fresh Bacon		
Stemmler's Double Smoked		
Stemmler's Montreal Style		
Stemmler's Pepper Style		

Stemmler's Peameal		
McLean's Turkey Bacon		
Wild Boar Bacon		
Rowe Farms Side Bacon		
Rowe Farms Canadian Back Bacon		
Poultry (per lb) - all air-chilled and local		
Chicken Breasts – Bone in (2 per pack)		
Chicken Breasts – Boneless (2 or 4 per pack)		
Chicken Legs (4 per pack)		
Chicken Thighs – Bone in (8 pack)		
Chicken Thighs – Boneless (8 pack)		
Chicken Drumsticks		
Flattened Chicken, Seasoned (each)		
Rowe Farms Boneless Thighs		
Rowe Farms Boneless Breasts		
Rowe Farms Boneless Tenders		
Ground Turkey (package)		
Marinated Chicken Pieces (Family Pack – 8 piece)		
MF's Own Chicken Kabobs (each)		
3-4lb Local, Air-chilled Whole Chicken (each)		
Whole Harley Farms SPCA Humane Chicken		
Whole local flax-fed Omega 3 Chicken		
Duck		
Rougie Boneless Duck Breast		
Pre-cooked Duck Leg Confit		

Rougie Rendered Duck Fat		
Lamb (Local Beverly Creek) – per lb		
Loin Chops		
Rib Chops		
Rack of Lamb		
Fresh Fish (per lb) - All MSC Certified Sustainable		
Fresh Steelhead Trout (per piece)		
Hot Smoked Rainbow Trout (per piece)		
Trout (per piece)		
Georgian Bay/Manitoulin Island Rainbow Trout		
Canadian Atlantic Salmon (per piece)		
Hot Smoked Atlantic Salmon		
Canadian Pacific Organic Chinook Salmon (per piece)		
Frozen Thinly Sliced Pacific Salmon - <i>(curb-side only)</i>		
Icelandic Cod		
Icelandic Haddock		
Organic PEI Mussels (2lb bag)		
Wild Pacific Sockeye Salmon		
1lb Frozen Shrimp - <i>cooked or raw, curb-side only</i>		
Canadian Frozen Scallops - <i>approx. weight or pieces needed, curb side only</i>		
MF's Own Sausage (3 per pack)		
Chorizo		
Dry Cured Chorizo		

Garlic		
Honey Garlic		
Hot Italian - <i>also available as family pack of 5-6</i>		
Mild Italian - <i>also available as family pack of 5-6</i>		
Maple Sriracha Chicken		
Smoked Beer		
Smoked Andouille		
Sous-Vide Chorizo Kale Chicken		
Stemmler's Maple Smoked Sausage		
Turkey		
Hotdogs (pack size varies)		
Stemmler's Ball Park - (Franks, 4 pack)		
Rowe Farms Beef Wieners - 6 pack		
Rowe Farms Chicken Wieners - 6 pack		
Turkey Knackwurst - 4 pack		
Brandt European Style Wieners - 5 pack		
Smoked Farmer Style Wieners - 4 pack		
MF's Own Burgers (2 pack per lb)		
100% Beef		
Bacon Cheddar		
Bacon Maple Swiss		
Bacon Mushroom Swiss		
Jalapeno Cheddar		
Mediterranean Turkey Burger		

MF's Bakery	Quantity	Notes (ie. size, brand, substitutions)
Bread and Buns		
All Butter Croissants (6 pack)		
Artisan Baguette (each)		
Brioche Bread (each) - <i>specify sliced or whole</i>		
Brioche Buns (4 pack)		
Cheese Bread (each) - <i>specify sliced or whole</i>		
Cheese Buns (6 pack)		
Country Style Sour Dough Bread (each) - <i>specify sliced or whole</i>		
Dinner Rolls (6 or 12 pack)		
Egg Bread (each) - <i>specify sliced or whole</i>		
Focaccia Bread (each)		
Hamburger Buns (8 pack)		
Hotdog Buns (8 pack)		
Italian Panini Bun (6 pack)		
Kaisers (8 pack or 4 pack) - <i>specify</i>		
MF's Own Apple Bread - <i>only available Thursday-Sunday</i>		
Naan Bread (4 pack or mini pack of approx. 24 pieces) - <i>please specify</i>		
Nine Grain Bread (each) - <i>specify sliced or whole</i>		
Oats and Honey Bread (each)		
Pizza Buns (each)		
Pizza Dough (each)		
Pizza Shells (2 pack) - <i>Gluten-free available</i>		

Portuguese Tarts (Nata)– (6 pack)		
Pretzel Buns (3 pack)		
Sausage Buns (8 pack)		
Soft Panini Bun (3 pack)		
White Bread (each) - <i>specify sliced or whole</i>		
Whole Wheat Bread (each)		
Wraps (package) - <i>specify white or whole wheat</i>		
Hand Rolled Bagels (3 pack)		
Bacon Mozzarella		
Cheese		
Everything		
Jalapeno		
Plain		
Sesame		
Sundried Tomato		
Quiche (each)		
Bacon Swiss (individual or large) - <i>specify</i>		
Greek (large)		
Ham and Cheddar (large)		
Pancetta Ricotta (large)		
Spinach and Feta (large)		
Tomato Mozzarella (individual or large)		
MF All Butter Cookies (12 pack)		
Chocolate Chip		
Ginger Molasses		

Healthy Seed		
Oatmeal		
Oatmeal Chocolate Chip		
Oatmeal Raisin		
Peanut Butter		
Peanut Butter Chocolate Chip		
Rainbow		
Red Brick		
Shortbread		
Toffee Shortbread		
MF Butter Tarts (6 pack)		
Assorted Mini Tarts – 12 pack		
Gluten Free		
Pecan		
Plain		
Raisin		
Walnut		
MF Scones (each)		
Banana Walnut		
Cheddar Chive		
Lemon Blueberry		
Lemon Cranberry		
Maple Pecan		
Orange Raspberry		
MF All-Natural Pies (Hand rolled crust – each)		

Apple		
Blueberry		
Mixed Berry		
Peach Raspberry		
Sour Cherry		
Strawberry Rhubarb Custard		
All-Natural Cream Pies (Made with Local Whipped Cream – each)		
Chocolate Cream		
Coconut Cream		
Hazelnut Cream Pie		
Lemon Sour Cream		
Raspberry Cream		

Desserts	Quantity	Notes (ie. size, brand, substitutions)
Apple Fritters (each)		
Bliss Dough – <i>specify flavour choice</i>		
Cannoli (each) - <i>specify chocolate chips or original</i>		
Cinnamon Buns (each) - <i>specify cream cheese or sweet cream icing</i>		
Chocolate Croissants (each)		
Chocolate Crullers (each)		
Dufflet Cakelets – lemon, raspberry lemon, black & white, mocha, vanilla strawberry, hazelnut, carmelito, dulce de leche		
MF's Grandma's Lemon Loaf Cake		
MF's Own 6" Chocolate Buttercream Cake		

MF's Own 6" Chocolate Raspberry Cake		
MF's Own 6" Red Velvet Cake		
MF's Own 6" Vanilla Buttercream Cake		
MF's Own Celebration Cupcakes (each) – <i>chocolate, vanilla, carrot cake, red velvet, cookies & cream, salted caramel, toffee, turtles, chocolate strawberry, lemon, chocolate peanut butter, vanilla raspberry</i>		

Dips & Sauces	Quantity	Notes (ie. size, brand, substitutions)
Fresh Guacamole (each)		
Fresh Salsa (each)		
Rudolfo's Salsa (each)		
Neal Brothers Salsa (each)		
Local Tzatziki (each)		
Hummus (each) - <i>specify flavour</i>		
MF's Own Basil Pesto		
MF's Gourmet Layered Nacho Dip (500mL container)		
MF's Gourmet Spinach Dip (500mL container)		
MF's Own Marinara Sauce (500mL)		
MF's Own Meat Sauce (500mL)		

Dairy	Quantity	Notes (ie. size, brand, substitutions)
Sour Cream (each)		
Cottage Cheese (500g) – <i>specify 1%, 2%, 4%</i>		
Cream Cheese		

Clotted Cream - <i>Sheldon Creek</i>		
Kefir		
Milk		
0% (1L/2L)		
1% (1L/2L)		
2% (1L/2L)		
Bagged Milk – <i>specify 1%, 2% or 3%</i>		
Organic Meadow Milk 2L – <i>specify 1, 2 or 3%</i>		
Chocolate Milk (each)		
Buttermilk (each)		
Half & Half (500mL/1L)		
Cream 35% (500mL/1L)		
Butter		
Salted (500g)		
Unsalted (500g)		
Grass-fed (250g) - <i>please specify salted or unsalted</i>		
Ghee		
Eggs (dozen)		
White		
Brown		
Free Range		
Organic		
Small Flock		
Yogurt - <i>please specify tub or individual cup packs of 4</i>		

Greek (each) - <i>please specify 0%, 5% and flavour</i>		
Plain (each)		
Vanilla (each)		
Strawberry (each)		
Vegan Yogurt (each)		
Organic Yogurt - <i>plain, vanilla, strawberry, mango</i>		
Non-Dairy		
Almond Milk (each) - <i>unsweetened or sweetened, chocolate or vanilla</i>		
Barista Blends - <i>Oat or Almond (946mL)</i>		
Elmhurst Milk - <i>walnut, almond, cashew, oat, chocolate oat</i>		
Cashew Milk (each)		
Coconut Milk (each) - <i>unsweetened or sweetened</i>		
Oat Milk (each)		
Soy Milk (each)		
Non-Dairy Creamers - <i>soy, hazelnut, coconut, vanilla coconut (473mL)</i>		
Refrigerated	Quantity	Notes (ie. size, brand, substitutions)
Field Roast Vegan Sausages (package)		
Fresh Pasta (1lb)		
Miso		
Tempeh		
Tofu		
Vegan Cheese – Chao		
Vegan Cheese – Daiya (slices or shreds)		
Vegan Cheese – Humble Seeds		

Locally Made Pakoras – with tamarin (9/pkg)		
Locally Made Samosas – with tamarin (6/pkg)		

17 Cooks Soup 1L Glass Jar		
Hearty Chicken Soup		
Chicken Noodle Soup		
Vegetable Soup		

Frozen (Curb-side Pickup Only)	Quantity	Notes (ie. size, brand, substitutions)
Beyond Burgers (2 pack)		
Beyond Ground (1lb)		
Beyond Sausages – <i>Mild or Hot Italian</i> (4 pack)		
Coconut Bliss Vegan Ice Cream (tub)		
Coppa Gelato (tub)		
Deebee’s Organic Freezies		
Feng’s Dumplings		
Frozen Berries (bag)		
Frozen Vegetables (bag)		
General Assembly Pizza (G.A. Pizza) - <i>please specify flavour</i>		
Gluten Free Bread		
Just Plant Based Eggs - <i>VEGAN</i>		
Kawartha Ice Cream (tub)		
Mapleton’s Organic Ice Cream - <i>vanilla, chocolate or ginger (473mL)</i>		
Perogies		

Saigon Soul Food Spring rolls		
So Delicious Ice Cream Bars – <i>Dairy FREE</i>		
So Delicious Ice Cream Sandwiches – <i>Dairy FREE</i>		
So Delicious Oat Based Ice Cream – <i>Dairy FREE</i>		
Ah-So Sushi – Fresh prepared daily	Quantity	Notes (ie. size, brand, substitutions)
Avocado Roll (12pc)		
California Maki (12pc)		
Dynamite Maki (10pc)		
Orange Dragon Maki (9pc)		
Veg California Maki (Vegetarian – 12pc)		
Prepared Meals – All meals are prepared fresh daily in MF's Kitchen	Quantity	Notes (ie. size, brand, substitutions)
MF's Own Turkey Chili (1L container)		
MF's Own Vegetarian 6 Bean Chili (1L container)		
Salads (each)		
Caesar Salad (individual or family size)		
Cobb Salad (Individual)		
Cranberry, Pecan & Goat Cheese Salad (individual)		
Garden Salad (individual)		
Greek Salad (individual)		
MF's Own Store Made Summer Salads (500 ml container) - Potato, Macaroni, Broccoli, Coleslaw, Greek Pasta		

Sandwiches (each)

Egg Salad Sandwich

Tuna Salad Sandwich

Turkey Sandwich

Ham & Cheddar Sandwich

Italian Sandwich

MF's Pasta Meals (each)

Adult Mac & Cheese

Creamy Mac & Cheese

Chicken Parmesan with Penne

Meat Lasagna (individual or family size)

Ricotta and Spinach Stuffed Shells

Spaghetti & Meatballs

Classic Comfort Favourites (each)

Cabbage Rolls (2)

Butter Chicken

Lemon Cashew Chicken

Mediterranean Beef Stew

Pulled Pork

Rotisserie Chicken (4lb local, free range,
hormone and antibiotic free)**Finger Lickin' Good (per lb)**

Breaded Chicken Schnitzel (2 pack)

Breaded Chicken Tenders (4-6 pack)		
Chicken Wings (1lb container) - <i>Sweet Thai or Kansas City BBQ</i>		
Meatballs (8 pack) - specify <i>Beef, Pork or Turkey</i>		
Flatbreads (each)		
BBQ Chicken		
Bocconcini, <i>Tomato and Basil</i>		
Meat Pies (2 small or 1 large)		
Rustic Beef		
Roasted Turkey, Cheddar and Apple		
Chunky Chicken		
Tourtiere		
Fish (each)		
Baked Atlantic Salmon Meal		
Thai Chili		
Heat & Serve Pizza (each)		
Cheese		
Pepperoni		
Deluxe		
Veggie		

Cleaning/Paper Products	Quantity	Notes (ie. size, brand, substitutions)
Antibacterial Hand Soap		

Bathroom Tissue (TP)		
Lemon Aide All Surface Cleaner		
Lemon Aide Dish Soap		
Lemon Aide Floor Cleaner		
Lemon Aide Glass Cleaner		
Lemon Aide Laundry Soap		
Lemon Aide Toilet Bowl Cleaner		
No Tox Vegan Dish Washing Block		
Kleenex		
Paper Towel		
Parchment Paper		
Sanitizing Wipes		
Saran Wrap		
Tin Foil		
Ziplock Bags		

Other (Please Specify)	Quantity	Notes (ie. size, brand, substitutions)
<p>Please note all weekly specials including charcuterie boxes, catering, weekly meal deals & specials, and large fruit and vegetable trays must be PREORDERED.</p> <p>Please call us at catering to add a specialty item to your grocery order - 24 hours required.</p>		

Notes/Special Instructions

Thank you for Supporting Local!

