



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.*

We will contact you when your order is ready. Please wait to hear from us.

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 (per lb)		
Arugula (container)		
Asparagus (bundle)		
Avocados (each)		
Baby Spinach (container)		
Bananas (bunch)		
Beets (per lb)		
Bell Peppers (per lb)		
Blueberries (container)		
Broccoli (bunch)		
Brussel Sprouts (per lb)		
Cabbage (per lb) – <i>specify red or white</i>		
Cantaloupe (each)		
Carrots – mini (bag)		
Carrots (bag or loose per lb)		
Cauliflower (each)		
Celery Stalk (each)		
Cilantro (bunch)		
Cluster Tomatoes – (per lb)		

English Cucumber (each)		
Garlic (per lb)		
Ginger (per lb)		
Grape Tomatoes (container)		
Green Beans (per lb)		
Green Kale (bunch)		
Green onions (bunch)		
Honeydew (each)		
Hot House Tomatoes (per lb)		
Leaf Lettuce – Green or Red (each)		
Lemons (each)		
Limes (each)		
Mango (each)		
Micro Greens (container)		
Mushrooms (package or loose per lb)		
Onion (per lb) – <i>specify red, white or cooking</i>		
Oranges - Navel (per lb)		
Organic Greens from Salad Days Farm (bag)		
Parsley (bunch)		
Parsnips (2lb bag or loose per lb)		
Pears (per lb)		
Potatoes - mini (bag)		
Raspberries (container)		
Rhubarb Local – (per lb) When available		
Roma Tomatoes (per lb)		
Romaine Lettuce (each)		
Russet Potatoes (per lb)		
Seedless Grapes – Red or Green (bag)		
Spring Mix (container)		
Squash (per lb)		
Strawberries (Clamshell)		
Strawberries Ontario (quart) When available		
Sweet Potatoes (per lb)		
Watermelon (whole, half or quarter piece)		
White Potatoes (per lb)		
Yukon Gold Potatoes (per lb)		
Zucchini (per lb)		
Bulk (weighed container approx. 500g)	Quantity	Notes (ie. size, brand, substitutions)
Almonds – <i>specify raw, roasted or slivered</i>		
Chocolate Covered Almonds		
Cranberries		
Dates		
Gummy Bears		
Maple Pecans		
Mixed Nuts		
Pecans		

Prunes		
Raisins		
Raw Cashews		
Roasted Jumbo Salted Cashews		
Walnuts		
Bulk Olives (weighed container approx. 16oz)		
Kalamata		
Garlic Stuffed		
Pimento Stuffed		

Floral and Giftware	Quantity	Notes (ie. size, brand, substitutions)
MF'S Hand Tied Bouquets		
River and Ivy Local Hand Poured Soy Candles (Lavender or Peaceful Vanilla)		
Deli	Quantity	Notes (ie. size, brand, substitutions)
Black Forest Ham (per lb)		
Capocollo (per lb) – <i>specify hot or mild</i>		
Corned Beef (per lb)		
Montreal Smoked Meat (per lb)		
Pastrami (per lb)		
Pepperoni – sliced (weighed container – approx. 250g)		
Salami (per lb) – <i>specify hot or mild</i>		
Summer Sausage (per lb)		
Turkey Breast – sliced (per lb)		
Turkey Kielbasa (per 250g piece)		
Italia Salami Chubs (Cacciatore or Fruilano)		
MF 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</i>		
Danish Blue Cheese (per lb)		
Feta (container) – <i>specify Cow, Goat or Sheep</i>		
Gouda (weighed per piece)		

Grated Parmesan (weighed container – approx. 200g)		
Gruyere (weighed per piece)		
Halloumi Cheese (per lb)		
Havarti (per lb) – <i>specify block or sliced</i>		
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 Leicester (per lb)		
Pantry	Quantity	Notes (ie. size, brand, substitutions)
Grains (each)		
Cereal – <i>Cheerios, Raisin Bran, Rice Krispies, Organic One Degree</i>		
Crackers – <i>Mary’s, Stonewall, Carrs, Gluten-Free</i>		
MF’s Own Dry Pasta - <i>Penne, Rigatoni, Tagliatelle, Papardelle</i>		
Nature’s Mix Granola – <i>Honey Almond, Apple Cranberry, Chocolate Chip</i>		
Oatmeal		
Quinoa		
Rice – <i>White, Brown, Basmati</i>		
Canned Tomatoes (each)		
Crushed		
Diced		
Whole		
San Marzano D.O.P. Tomatoes		
Tomato Sauce (each)		
Alfredo		
Basil		
Garlic		
Pizza Sauce		
Tomato Paste		
Canned Beans & Lentils (each)		
Black Beans		
Chickpeas		
Dried Lentils		
Kidney Beans		
Canned Fish (each)		
Canned Salmon		
Canned Tuna		
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)		
Soup Stock		
Chicken		
Beef		
Vegetable		
Bouillon cubes – <i>please specify flavour</i>		
Oil and Vinegars		
Canola Oil (each)		
Coconut Oil (each)		
Olive Oil (each)		
Sunflower Oil (each)		
Balsamic Vinegar (each)		
Red Wine Vinegar (each)		
White Vinegar (each)		
Baking Essentials		
Baking Powder (each)		
Baking Soda (each)		
Cacao Powder (each)		
Chocolate Chips (package)		
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		
Balzacs (each)		
Kicking Horse (each)		
Planet Bean (each)		
Tea (regular/decaf)		
Other		
Apple Sauce (500mL)		
Coconut Milk – Canned Full Fat		
Peaches – Country Flavour Preserves (1L jar)		
Pears – Country Flavour Preserves (1L jar)		

Beverages	Quantity	Notes (ie. size, brand, substitutions)
Blue Monkey Sparkling Watermelon Juice (330ml cans)		
Blue Monkey Watermelon Juice (1L)		
Coconut Water (1L tetra)		
Distilled Water (4L bottle)		
Fever Tree (6) – <i>Ginger Beer, Tonic or Soda</i>		
La Croix (8)		
Natural Bottled Water (24)		
Orange Juice (each)		
Pop (12 case) – Pepsi, Diet Pepsi, Gingerale or Rootbeer		
Rise Kombucha (1L) – <i>please specify flavour</i>		
San Pellegrino – Peach Mandarin or Watermelon Blood Orange (6pk cans)		
San Pellegrino Sparkling Water (750g each)		
Santa Cruz Lemonade (each)		
Walter’s Caesar Mix (each)		
Snacks	Quantity	Notes (ie. size, brand, substitutions)
Chips (each)		
Bean 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>		
Smartfood Popcorn		
Taco Farm Nachos		
Tostitos – <i>Multigrain or Regular</i>		
Chocolate Bars (each)		
Camino Fair Trade/Organic – <i>specify milk or dark</i>		
Cliff Bars (box of 12)		
Chocolate Chip		
Crunchy Peanut Butter		
White Chocolate Macadamia		
Meat and Fish	Quantity	Notes (ie. size, brand, substitutions)
Beef (per lb)		
Lean Ground Beef		
Grass Fed Ground Beef		
Stewing		
Rib eye (per piece)		
Striploin (per piece)		
Pot Roast		
Pork (per lb)		
Bacon (package)		
Breakfast Sausage (package)		
Full Rack of Ribs		

Ground Pork		
Kansas City COOKED Back Ribs – Heat and serve (full rack)		
Peameal Bacon (package)		
Pork Chops – Bone in (2 per package)		
Pork Chops – Boneless (2 per package)		
Pork Tenderloin (each)		
Poultry (per lb)		
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)		
Flattened Chicken, Seasoned (each)		
Ground Turkey (package)		
Marinated Chicken Pieces (Family Pack – 8 piece)		
MF’s Own Chicken Kabobs (each)		
Whole Roaster Chicken (each)		
Lamb (Local Beverly Creek) – per lb		
Loin Chops		
Rib Chops		
Rack of Lamb		
Fresh Fish (per lb)		
Atlantic Salmon (per piece)		
Trout (per piece)		
MF’s Own Sausage (4 pack per lb)		
Garlic		
Hot Italian		
Sweet Italian		
Turkey		
MF’s Own Burgers (2 pack per lb)		
100% Beef		
Bacon Cheddar		
Bacon Maple 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)		
Brioche Buns (4 pack)		
Cheese Bread (each)		
Cheese Buns (6 pack)		
Country Style Sour Dough Bread (each)		
Dinner Rolls (6 or 12 pack)		

Egg Bread (each)		
Focaccia Bread (each)		
Hamburger Buns (8 pack)		
Hotdog Buns (8 pack)		
Italian Panini Bun (6 pack)		
Kaisers (8 pack)		
MF's Own Apple Bread		
Naan Bread (4 pack)		
Nine Grain Bread (each)		
Oats and Honey Bread (each)		
Pizza Buns (each)		
Pizza Dough (each)		
Pizza Shells (2 pack)		
Portuguese Tarts (Nata) – (6 pack)		
Pretzel Buns (3 pack)		
Sausage Buns (8 pack)		
Soft Panini Bun (6 pack)		
White Bread (each)		
Whole Wheat Bread (each)		
Wraps (package)		
Hand Rolled Bagels (3 pack)		
Bacon Mozzarella		
Cheese		
Everything		
Jalapeno		
Plain		
Sesame		
Sundried Tomato		
Quiche (each)		
Bacon Swiss (large)		
Greek (large)		
Ham and Cheddar (individual or large)		
Pancetta Ricotta (large)		
Spinach and Feta (large)		
Tomato Mozzarella (individual or large)		
MF All Butter Cookies (12 pack)		
Chocolate Chip		
Healthy Seed Cookies		
Oatmeal		
Oatmeal Chocolate Chip		
Oatmeal Raisin		
Peanut Butter		
Peanut Butter Chocolate Chip		
Red Brick		
Shortbread Cookies		

MF Butter Tarts (6 pack)		
Assorted Mini Tarts – 12 pack		
Gluten Free		
Pecan		
Plain		
Raisin		
Walnut		
MF Scones (each)		
Cheddar Chive		
Lemon Blueberry		
Lemon Cranberry		
Maple Pecan		
MF All-Natural Pies (Hand rolled crust – each)		
Apple		
Blueberry		
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)
Bliss Dough – <i>please specify flavour choices</i>		
Cannoli (each)		
Dufflet Cakelets – Raspberry Lemon, Black & White, Mocha		
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 or cookies and cream</i>		
Dips & Sauces	Quantity	Notes (ie. size, brand, substitutions)
Fresh Guacamole (each)		
Fresh Salsa (each)		
Rudolfo's Salsa (each)		
Neal Brother's Salsa (each)		
Local Tzatziki (each)		
Hummus (each)		
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		
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)		
Eggs (dozen)		
White		
Brown		
Free Range		
Yogurt		
Greek (each)		
Plain (each)		
Vanilla (each)		
Strawberry (each)		
Vegan Yogurt (each)		
Non-Dairy		
Almond Milk (each)		
Coconut Milk (each)		
Oat Milk (each)		
Soy Milk (each)		
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 (4 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)		
Gluten Free Bread		
Kawartha Ice Cream (tub)		
Perogies		
Saigon Soul Food Spring rolls		
So Delicious Ice Cream Bars – Dairy FREE		
So Delicious Ice Cream Sandwiches – Dairy FREE		
So Delicious Oat Based Ice Cream – Dairy FREE		
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 (750mL container)		
MF’s Own Vegetarian 6 Bean Chili (750mL container)		
Salads (each)		
Caesar Salad (individual or family size)		
Cobb Salad (Individual)		
Cranberry, Pecan & Goat Cheese Salad (individual)		
Garden 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 Four Cheese Mac & Cheese		
Chicken Parmesan with Penne		
Meat Lasagna (individual or family size)		
Ricotta and Spinach Stuffed Shells		
Spaghetti & Meatballs		
Tuscan Baked Rigatoni Pasta with Sausage		
Classic Comfort Favourites (each)		
Cabbage Rolls (2)		
Curry 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 (<i>Beef & Pork</i>) – 8 pack		
Flatbreads (each)		
BBQ Chicken		
Bocconcini, <i>Tomato and Basil</i>		
Spring Asparagus		
Meat Pies (2 small or 1 large)		
Rustic Beef		
Roasted Turkey, Cheddar and Apple		
Chunky Chicken		
Tourtiere		
Fish (each)		
Baked Atlantic Salmon Meal		
Heat & Serve Pizza (each)		
Cheese		
Pepperoni		
Deluxe		
Veggie		
Cleaning/Paper Products	Quantity	Notes (ie. size, brand, substitutions)
Hand Soap		

