

the fresh feast

Pickup & Delivery Menu

Daily Menu

M-F 10-6 Sa/Su 10-3

House Sandwiches

- Chicken Chipotle Panini...\$10.95
 - Roast Beef & Onion...\$9.95
 - Meatball Parmesan...\$9.95
 - Banh Mi...\$9.95
 - Monte Cristo...\$8.95
 - Turkey-Cran GrCh...\$8.95
 - Ham + Brie...\$8.95
 - B.L.T.A...\$8.95 w/ turkey +\$2
 - MRP...\$8.95 w/ chicken +\$2
 - Moroccan Veggie...\$8.95 (vegan)
- *all sandwiches include utz chips + pickle

Salads/Deli

- Side Salad...\$3.95
- Caesar...\$8.95
- Seasonal...\$9.95
- Cobb...\$10.95
- Side Grilled Chicken...\$2.95
- Tuna Salad, Organic chicken salad, ham, turkey, roast beef, cheese all by the pound

Wraps

- (white/wheat/spinach)
- Thai Chicken...\$8.95
 - Chicken Caesar...\$8.95
 - Veggie Wrap w/ hummus...\$8.95
 - Thanksgiving...\$8.95
- *all wraps include utz chips + pickle

Soups

- *we have one hot soup per day plus many options from our freezer.
- Soup of the Day...\$3.95
 - Veggie: \$4.95 P/\$9.95 Q
 - Meat: \$5.95 P/\$10.95 Q
 - Fish: \$6.95 P/\$11.95 Q
 - Beef Stew \$16.95 Q

Snacks

- Brownie...\$2.50
- Protein Snacks...\$2.95
- Utz Chips...\$1.00
- Tortilla Chips...\$2.95
- Hummus...\$4.95
- Peppadew Dip...\$5.95

Traditional Sandwiches

- (white/wheat/marble Rye bread OR white/wheat/spinach wrap)
- Turkey...\$8.95
 - Roast Beef...\$8.95
 - Ham...\$8.95
 - Chicken Salad...\$8.95
 - Tuna Salad...\$8.95
 - BLT...\$7.95
 - Kids Grilled Cheese...\$6.95
 - ½ Sandwich...\$3.95 (no chips/pickle)
 - ½ + ½...\$8.95 (no chips/pickle)
- *all sandwiches include utz chips + pickle
- *choice of toppings: lettuce, tomato, aioli, mustard, cucumber, onion.
*add avocado or bacon \$1

Kids Stuff

- Chicken Finger 6-Pack
- Chicken Finger 12-Pack
- Meatballs (pork/beef)
- Honey Mustard Sauce

Freezer Casseroles/Pies

Ask what we have available☺

Specials

Monday 3/23

- Lemon-Herb Ricotta Stuffed Shells
- Moroccan Lamb Sausage Dinners
- Lemon Greek Chicken Dinners
- Veggie Soup
- Sonoma Ckn Salad

Tuesday 3/24

- Teriyaki Salmon Dinners
- Peanut Noodles
- Chicken Ramen
- Curry Chicken Salad
- Mixed Veggies

Wednesday 3/25

- Fried Chicken
- Steak Frite
- Chicken Pies
- Chicken Soup
- Mac n Cheese
- Broccoli

Thursday 3/26

- Enchiladas
- Quesadillas
- Guacamole
- BB Quinoa
- Chili
- Veg Medley

Friday 3/27

- Taco Kits
- Casseroles
- Soups
- Quiche
- Breakfast

Saturday 3/28 and Sunday 3/29: Open 10AM-3PM for Sandwiches, snacks, and casseroles

105 Ripley Road, Cohasset (781) 383-2255

info@thefreshfeast.com

We take food allergies VERY seriously. Please alert our staff to any food allergies when ordering.