

the fresh feast

Pickup & Delivery Menu

Daily Menu

M-F 10-5 Sa+Su 10-3

Closed 4th of July Weekend

House Sandwiches

*Sandwiches available 10AM-3PM

- 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
- Cobb...\$10.95
- Side Grilled Chicken...\$2.95

By weight...

- Tuna Salad, Organic Chicken Salad, Grass Fed Herb Roast Beef, Vermont Smoked Ham
- Organic in-house Turkey, Swiss Cheese, Provolone, Cheddar, Colby Jack
- House Pickles

Beverages

- Glass bottle coke, sprite, fanta
- Pelegriano POM, orange, lemon
- Perrier Sparkling Water
- Everybody Water
- Natalies Lemonade, Strawberry Lemonade, Iced Tea Lemonade
- Spindrift cucumber, blackberry, pineapple, razz-lime
- Ginger beer, blood orange soda

Kids Stuff

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

Soups

*for summer we bulk up our freezer and most often do not offer a soup of the day. For when we have soups of the day in the summer, these are our prices.

- 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
- Choc. Covered Nuts \$5.95
- Utz Chips...\$1.00
- Tortilla Chips...\$2.95
- Hummus...\$4.95
- Peppadew Dip...\$5.95

Basics

- Organic Eggs...\$4.95
- Sliced Bread...\$3.50
- ½ Gallon 2% Organic Milk...\$5.95
- Fresh OJ Quart...\$6.95
- Vermont Bacon...\$7.95
- Roll of TP...\$1
- Everybody H2o Case \$24
- Gelato & Chill
- Gelato...\$14

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

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

Freezer

Casseroles/Pies

- Pulled Pork 2LB...\$22.95
- Chicken Verde Enchiladas 2LB...\$19.95
- Lasagna 2LB...\$18.95
- Eggplant Parm 2LB...\$17.95
- Mexican Lasagna 2LB...\$17.95
- Mac n' Cheese 2LB...\$14.95
- Chicken Pot Pie...\$10.95
- Soups: Chicken tortellini, chili, mushroom, chicken vegetable.

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.

Specials

6/29-7/05/20

MONDAY: Open 10-5

Dinners:

Braised Beef Ragu - braised grass-fed beef, tomatoes, herbs, butter and parmesan served over fresh Papradelle pasta \$13.95

Chicken Roulade - (GF) organic chicken rolled up with prosciutto and cheese and sliced into medallions: served w/ risotto and haricot verts. \$13.95

A la carte: Baked panko-parmesan zucchini fries served w/ a side of house marinara.

Dessert: mini cannoli trio \$3.95

TUESDAY: Open 10-5

Dinners:

Teriyaki Salmon - Teriyaki salmon, vegetable medley, and rice \$16.95

Vegetable Fried Rice (GF) - veggies, rice, tamari, ginger, sesame, egg \$11.95

A la carte: peanut noodles \$6.95

Dessert: Jumbo Chocolate Chunk Cookie \$3.50

WEDNESDAY: Open 10-5

Dinners:

Pulled Pork Dinner - slow roasted pulled pork shoulder w/ BBQ, mac n cheese, cole slaw, and kale \$14.95

Fried Chicken Dinners - southern fried chicken, mac n cheese, kale, cole slaw \$13.95

A la carte: mac n cheese 2LB pans \$14.95

Dessert: Chocolate cream tart (individual) \$5.95

THURSDAY: Open 10-5

Dinners:

Chicken Rojo Enchiladas (GF) - organic chicken & cheese enchiladas w/ smoky red sauce, black bean quinoa and vegetable medley. \$13.95

A la carte: chicken verde enchiladas 2LB pans, guacamole; chicken quesadillas.

Dessert: Whoopie pies (2 pack) \$3.50

FRIDAY: Open 10-3 (half day for holiday)

Sandwiches

3rd of July preorders

Freezer Casseroles

Dips & Chips

Protein Snacks/brownies

Happy 4th
of July!

SATURDAY & SUNDAY:
Closed for 4th of July Weekend.