

## BOAT & BEACH MENU



**Picnic Boxes • Salads  
Sandwiches • Gourmet Deli  
• Catering • Desserts •  
Prepared Foods & Dinners**

### **Summer Hours**

Monday-Friday 10am-5pm  
Saturday-Sunday 10am-3pm

#### **TO PLACE AN ORDER:**

Call our store and place your order, and we'll have it ready so you can sail! (781) 383-2255

#### **PAYMENT:**

We accept all major credit cards

105 Ripley Road  
Cohasset, MA 02025  
(781) 383-2255

[info@thefreshfeast.com](mailto:info@thefreshfeast.com)  
[www.thefreshfeast.com](http://www.thefreshfeast.com)

**\*\*Before placing your order, please inform your server if a person in your party has a food allergy.**

\*consuming raw, undercooked meats, poultry, seafood, or eggs may increase the risk of food-borne illness. Prices are subject to change.

**put a fork in it!**

## SALADS

served with our homemade dressings, which are also available for purchase by the pint or quart.

**cobb...\$10.95...**honey-dijon dressing, maytag blue cheese, bacon, tomato, cucumber, sliced egg

**seasonal...\$10.95...**call or check fb/insta or our weekly menu to see salad of the week

**caesar...\$8.95...**caesar dressing (contains anchovies), romaine greens, parmesan cheese, fresh baked croutons, lemon.

**garden side salad...\$3.95...**balsamic vinaigrette, mixed greens, yellow peppers, english cucumber, grape tomatoes, carrots, and seasonal fun stuff!

\*add bacon, pita, or avocado \$1; tuna or chicken salad \$2.95; grilled chicken \$3.25

## WRAPS

served on white, spinach, or wheat wrap w/ potato chips and a homemade pickle.

**thai chicken...\$8.95** chicken, greens, mint, cilantro, carrots, cucumber, peppers, cabbage, peanut sauce.

**thanksgiving...\$8.95** turkey, baby greens, cranberry sauce, croutons, mayo.

**chicken caesar...\$8.95** chicken, caesar dressing, romaine lettuce, parmesan (croutons optional).

**b.i.t...\$8.95** applewood bacon, lettuce, tomato, mayo

**chicken salad...\$8.95** chicken salad, lettuce, tomato

**tuna salad...\$8.95** tuna salad, lettuce, red onion

**veggie wrap...\$8.95** spinach greens, homemade hummus, avocado, tomato, cucumber, carrots, peppers, cabbage, and sweet red onion.

\*gluten free wraps available for an additional \$1/each

## FINGER SANDWICH PLATTERS

served on petite artisanal rolls (48 hours notice)

**beef+onion...\$44.95/dz.** roast beef, horseradish cream aioli, caramelized onion, arcadian greens; served on onion sliders.

**ham+brie...\$42.95/dz.** north country roast ham, brie, honey mustard; served on poppy brioche rolls.

**lobster rolls...\$89.95/dz.** lobster, light mayo, lettuce, brioche slider.

**mrp....\$39.95/dz.** fresh mozzarella, fresh baby spinach, roasted red pepper, house nut-free pesto on mini ciabatta roll lightly pressed.

## HYDRATE

**everybody water...\$1.95** locally owned company supporting clean water projects for children and their families. [www.everybodywater.com](http://www.everybodywater.com)

## PICNIC

Keep it easy! Let Fresh Feast pack the food while you pack the beach bag. (48 hours notice)

### PICNIC BOX for 2-3 \$39.95

(2) wraps cut into 1/3rds

(1) peppadew or hummus dip

(1) house tortilla chip

(2) brownies or protein snacks

(1) garden salad or deli salad

(2) everybody waters

(1) cheese plate

Utensils, napkins, wet naps, trash bag

\*add additional water and dessert if serving 3 ppl.

\*additional wraps \$8.95/each

### PICNIC BOX for 4-6 \$89.95

(4) wraps cut into 1/3rds

(1) peppadews or hummus dip

(2) house tortilla chips

(4) brownies or protein snacks

(1) garden salad or deli salad

(4) everybody waters

(1) cheese, fruit, and crackers for 4-6

Utensils, napkins, wet naps, trash bag

\*add additional water and dessert if serving 5 to 6 ppl.

\*additional wraps \$8.95/each

## DELI

Make your summer outings a snap!

Let us pack your cooler...

### DELI SALADS & MEATS...by the pound

Menu options change daily. Please call or check Facebook/Instagram to find out what is available.

pesto pasta salad, classic potato salad, thai peanut noodles, kale salad, organic quinoa salad, chicken salad, tuna salad, roast beef, turkey, ham, provolone, cheddar, colby jack, swiss, etc...

## BASKETS & PLATTERS

(48 hours notice)

**baja tacos (Fridays only)...\$3.50-\$6.95/each**

Taco options vary, call or check facebook for options.

**quesadilla basket (serves 6-8)... \$24.95-29.95**

w/ cheese and cilantro; served w/ guacamole.

Quesadilla options vary, check fb/insta for options

**crudité+dip basket...\$24.95 (serves 6-8)**

fresh cut seasonal veggies w/ hummus (vegan/gf)

**chicken satay skewers... \$21.95/dz.** (2 dz. minimum)

organic bell and evans chicken seasoned w/ satay spices and grilled; served w/ spicy peanut sauce.

**grazing platter...\$44.95 (serves 6-8)**

brie, aged cheddar, blue cheese stuffed dates, goat cheese stuffed peppadews, crackers, fruit, jam.

brownie platter...\$29.95 (serves 8-10)

our double chocolate chunk brownies w/ strawberries.