

the fresh feast

Pickup & Delivery Menu

Daily Menu

M-F 10-3

House Sandwiches

**Sandwiches available 10AM-3PM*

- Chicken Chipotle Panini...\$10.95
- Meatball Parmesan...\$10.95
- Banh Mi...\$10.95
- Fried Chicken Sandwich w/ bacon...\$10.95
- Roast Beef & Onion...\$9.95
- Monte Cristo...\$9.95
- Ham + Brie...\$9.95
- 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
- Greek Salad...\$9.95
- Side Grilled Chicken...\$3.25

Soups

*Soups change daily, please visit Facebook or Instagram for selection.

- Pints: \$4.95-\$8.95
- Quarts: \$9.95-\$16.95

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

Kids Stuff

- Chicken Finger 6-Pack
 - Chicken Finger 12-Pack
 - Meatballs (pork/beef)
 - Honey Mustard Sauce
- *many items are on hand in our freezer

Snacks

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

Beverages

- Glass Bottle Coke
- Ginger Beer
- Blood Orange Soda
- Perrier Sparkling Water
- Everybody Water
- Apple Cider
- Pellegrino: POM, Orange, Lemon
- Iced Tea Lemonade
- Spindrift: Cucumber, Blackberry, Pineapple, Razz-Lime

House Wraps

(white/wheat/spinach)

- Thai Chicken...\$8.95
- Chicken Caesar...\$8.95
- Veggie Wrap w/ hummus...\$8.95
- Thanksgiving...\$8.95

*all sandwiches include utz chips + pickle

Traditional

Sandwiches (TSW)

(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...\$5.95
- Adult Grilled Cheese...\$7.95
- ½ Sandwich...\$3.95 (no chips)
- ½ TSW/ ½ Soup...\$8.95 (no chips)

*all sandwiches include utz chips + pickle

*choice of toppings: lettuce, tomato, aioli, mustard, cucumber, onion.

*add avocado or bacon \$1

Freezer

Casseroles/Pies

- Chicken Pot Pies...\$11.95
- Mac n' Cheese 2LB...\$15.95
- Cheese Lasagna 2LB...\$19.95
- Eggplant Parm 2LB...\$17.95
- Chicken Verde
- Enchiladas...\$19.95
- Chicken Broccoli Ziti 2LB...\$19.95
- Buffalo Chicken Dip...\$9.95
- BB Quinoa...\$6.95/pint
- Pulled Pork 2LB...\$22.95
- Pulled Chicken 2LB...\$19.95
- Fr. Toast Bake 2LB...\$16.95
- Apple Crisp...\$6.95 | \$14.95
- Ckn. Fingers...\$9.95 | \$20.95
- Soups \$4.95-\$16.95
- Chicken tortellini, Chicken Vegetable, Sweet Potato Bisque, Irish Soup, Turkey chili, Filet mignon chili.

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.

Treat a hospital worker to a much-appreciated meal (\$15.95)

MONDAY: 10-3

Dinners:

Chicken Marsala | \$14.95 individual | \$59.95 family style (preorder)
Organic chicken sauteed with mushrooms, marsala, and herbs, served with rice and haricots verts.

Bolognese | \$15.95 individual

Braised grass-fed beef mixed with herbaceous red-wine marinara finished w/ cream and fresh pappardelle pasta.

A la carte:

Eggplant Stacks | Veg | fried eggplant, fresh mozzarella, roasted red pepper, basil

Pulled Pork Sandwich | slow-roasted, dry-rubbed pulled ABF pork, bbq sauce, vinegar slaw, & cheddar; served on a toasted brioche roll.

Soup: Beef Barley | Braised beef, house beef stock, carrots, celery, onion, garlic, tomato, barley, thyme, bay leaves.

Dessert: Strawberry Shortcake | \$3.95/ea.

TUESDAY: Open 10-3

Dinners:

Teriyaki Salmon | \$16.95 individual | \$69.95 family style

Teriyaki glazed salmon, vegetable medley, rice.

Orange Chicken | GF | \$14.95 individual | \$59.95 family style

Teriyaki glazed salmon, broccolini, rice.

Red Coconut Curry Chicken Soup | Coconut milk, red curry, chicken stock, chicken, vegetables, kaffir lime leaf, lemongrass, ginger, rice.

A la carte:

Thai Peanut Noodles | Veg | Noodles, spicy peanut sauce, veggies

Dessert: Passion Fruit Tart | \$4.95/ea.

WEDNESDAY: Open 10-3

Dinners:

Roasted Pork Loin | \$14.95 individual | \$59.95 family style

Brined ABF maple-mustard glazed pork loin topped w/ roasted apples and served w/ spätzle mac n cheese, sauerkraut, and roasted rainbow carrots w. brussels sprouts.

Chicken Pot Pie | \$11.95 individual

A la carte:

Mac n Cheese | 2LB pans | \$15.95 (stock up and freezer for Thanksgiving!)

Meatloaf Sandwich | dad's meatloaf w/ honey-cumin ketchup, cheddar, lettuce, tomato, on toasted white or wheat pullman bread.

Soup: Organic Chicken Soup | GF | chicken and vegetables

Dessert: Pistachio Pudding | GF | \$3.95/each

THURSDAY: Open 10-3

Dinners:

Seafood Paella | \$16.95 individual

Shrimp, scallops, cod, chorizo, mussels, calamari, onions, garlic, rice, saffron, peas.

Pear and Apple Sangria Mix | \$9.95/ea.

Pears, apples, house cinnamon simple syrup, fresh squeezed citrus in a mason jar - just add bottle of wine and seltzer. This is a great beverage option for Thanksgiving!

Slow Roasted Tomato Bisque | Vegan | slow roasted tomatoes, herbs, garlic, veg stock.

A la carte:

Chicken Verde Enchiladas | \$19.95 | GF

Guacamole | \$7.95 | **Tortilla Chips** | \$2.95

Dessert:

Jumbo Chocolate Chunk Cookies | \$3.50/ea.

FRIDAY: Open 10-3

Ahi Tuna Tacos | \$6.95 ea. | 2/\$12

Sesame-crusted ahi tuna w/ siracha aioli, slaw, cilantro, lime, on a grilled flour tortilla.

Epic Dry Rub Wings | \$9.95/each pack

Organic chicken wings banked w/ house dry rub and served w/ ranch dressing.

Taco Box (serves 4-5) *GF tortillas available*

Chicken \$44.95 | Beef \$48.95

Served with either grilled chicken or sauteed grass-fed beef & peppers; served with a side of the following in an adorably packaged box: pico, rojo, cilantro, lime, shred cheese, jalapenos, chipotle aioli, pickled onions, flour tortillas, and fried corn tortillas. *Add guacamole | \$7.95.

Quick Freezer Appetizers

Crabcakes, mushroom tartlets, beef empanadas, quiche Lorraine bites.

THIS WEEKEND (11/21-11/22)

CLOSED FOR THANKSGIVING PREP.

NEXT WEEK 11/23-11/25:

NO PREPARED FOODS & LIMITED SANDWICHES