

# the fresh feast

Pickup & Delivery Menu

## Daily Menu

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

### 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
- Prosciutto, peach, almond, arugula, feta...\$10.95
- Side Grilled Chicken...\$3.25 side of Pita...\$1

### 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

### Basics

- Fresh OJ Quart...\$6.95
- Lemonade ½ gallon...\$6.95
- Everybody H2o Case \$24
- Gelato & Chill Gelato...\$14

### Kids Stuff

- Chicken Finger 6-Pack
- Chicken Finger 12-Pack
- GF Chicken Finger 6-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

### 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

### 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 Chicken...\$9.95/pint
- Mac n' Cheese 2LB...\$14.95
- Ckn Enchiladas 2LB...\$19.95
- Spinach Lasagna 2LB...\$19.95
- Eggplant Parm 2LB...\$17.95
- French Toast Bake 2LB...\$14.95
- Spinach-Artichoke Dip...\$8.95
- Chicken Pot Pie...\$10.95
- Peach Crisp...\$6.95/\$8.95
- Soups: butternut, chili...

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

Check out our *Beach and Boat menu*.  
Picnic boxes, deli salads, chicken satay, finger sandwiches, baskets, and platters  
(48-hours notice).  
[www.thefreshfeast.com/beachandboat](http://www.thefreshfeast.com/beachandboat)

### MONDAY: 10-3

#### Dinners:

*Steak & Couscous* - Sliced grass-fed steak, Mediterranean couscous, grilled vegetables, and reduced balsamic on side \$15.95

*Chicken & Couscous* - Sliced grilled chicken,, Mediterranean couscous, grilled vegetables, and reduced balsamic on side \$13.95

A la carte: 2LB Eggplant parmesan \$17.95, pesto pasta salad \$7.95/lb, Caprese salad \$3.50, Salmon and goat cheese quiche \$3.50/slice (pairs perfectly with our side garden salad!)

Dessert: tiramisu \$3.50

### TUESDAY: Open 10-3

#### Dinners:

*Teriyaki Salmon* - Teriyaki salmon w/ rice and vegetable medley \$16.95

*Tandoori Chicken (GF)* - Tandoori chicken, rice, vegetables, and veggie samosa \$13.95

A la carte: peanut noodles \$6.95

Dessert: Chocolate chunk banana bread \$2.50/ea

### WEDNESDAY: Open 10-3

#### Dinners:

*Petite filet mignon (GF)* - Herbed petite filet mignon, w/ roasted baby potatoes and asparagus \$19.95

*Lobster Ravioli* - Lobster ravioli in a parmesan cream sauce topped with lobster \$19.95

A la carte: mac n cheese 2LB pans \$15.95

Dessert: Peach Crisp (serves 3-4) \$9.95 (frz)

### THURSDAY: Open 10-3

#### Dinners:

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

A la carte: 2 LB pan chicken verde enchiladas, guacamole, chicken quesadillas, chorizo-cheese stuffed poblano peppers.

Dessert: Reeses Jumbo Chocolate Chunk Cookie \$3.50

### FRIDAY: Open 10-3

#### **\*Preorder highly recommended**

*Scallop and Bacon Tacos* -\$6.95 ea. or 2/\$12  
Scallop, grilled corn, pickled onion, bacon, jalapeno aioli, slaw, cilantro, lime.

*Buffalo Chicken Dip* \$9.95/LB

*Fried Chicken Picnic Basket* \$49.95 (serves 4)  
Served w/ Fried chicken, potato salad, side garden salad, watermelon, brownies, and Natalie's lemonade. \*chicken packaged in aluminum pan for heating (if desired) but room temp fried chicken is delicious too! Comes with napkins, utensils, and cups for lemonade.

\*also have fried chicken by the pound for \$14.95/lb

#### *Taco Box (serves 4)*

Shrimp \$49.95 or Grilled Chicken \$39.95  
Served w/ slaw, pico de gallo, cilantro, limes, sour cream, shred cheese, chipotle aioli, pickled onion, jalapeno, crunchy tacos, flour tacos (kit makes 10 tacos). Add gauc \$7.95.

*Just Add Booze House mixer* - lasts 3 days

We squeeze the fruit Friday morning!

*Blood Orange Mixer* w/ lime garnish; add tequila, for a refreshing summer cocktail. Fresh squeezed blood orange juice, fresh squeezed lime juice, a touch of agave to balance. 16 oz. \$19.95 (4-6) | 8 oz. \$10.95 (2-3)

SATURDAY: TBA  
SUNDAY: Closed  
PREORDERED picnic boxes,  
PREORDERED catering