

# 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
- Delicata squash, green beans, walnuts, goat cheese, craisins, maple-cinnamon vin ...\$10.95
- 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
- GF Chicken Finger 6-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

### 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 Parmesan Family Meal (serves 4-6)...\$39.95
- Chicken Broccoli ziti 2LB...\$19.95
- Chicken Pot Pies...\$11.95
- Mac n' Cheese 2LB...\$14.95
- Ckn Enchiladas 2LB...\$19.95
- Cheese Lasagna 2LB...\$19.95
- Eggplant Parm 2LB...\$17.95
- Fr. Toast Bake 2LB...\$16.95
- Spinach-Artichoke Dip...\$8.95
- Buffalo Dip...\$9.95
- Bread Pudding...\$3.50/slice
- Apple Crisp...\$8.95
- BBQ Pulled Ckn 2LB...\$19.95
- BBQ Pulled Pork 2LB...\$22.95
- GF Ckn Fingers...\$11.95
- Soups \$4.95-\$16.95
- Chicken, French Onion, Sweet Potato Bisque, Jamaican Pumpkin Bisque (spicy), Turkey Chili, veggie chili, Irish Soup

105 Ripley Road, Cohasset (781) 383-2255 [info@thefreshfeast.com](mailto:info@thefreshfeast.com)

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

Say thank you to your favorite teacher with a free lunch! Gift cards available.



## MONDAY: 10-3

### Dinners:

*Lemon-Spinach Lasagna* - our 4-cheese decadent lasagna w/ white sauce, lemon zest, spinach, and red pear cherry tomatoes. \$11.95

*Garlic Bread* Add on \$4 (serves 2)

A la carte: *Pesto Pasta Salad* w/ veggies and pesto

*Tuscan chicken salad* artichokes, sundried tomatoes, capers, olives, roasted garlic, grilled chicken.

Soup: *Hungarian Vegetable* - grilled vegetables, smoked paprika, potatoes, vegetable broth, and herbs.

*Potato Leek Soup* (Julia' Child' s version)

Dessert: Bread Pudding w/ salted caramel \$3.50

## TUESDAY: Open 10-3

### Dinners:

*Teriyaki Salmon* - roasted teriyaki salmon, white rice, and vegetable medley \$16.95

*Asian Short Ribs* - boneless short ribs braised in a soy-ginger sesame sauce served w/ rice and vegetable medley \$18.95

Soup: Mushroom Ramen Bowl \$9.95

Dessert: Passion Fruit pie \$7.95 (serves 2)

## WEDNESDAY: Open 10-3

### Dinners:

*Lemon-Herb Roast Chicken Dinners* - organic roast chicken, mashed potatoes, roasted baby carrots and haricot verts, gravy. \$14.95

\*preorder this meal **FAMILY STYLE!!** Serves 4-6 and includes chicken, mashed potatoes, salad, rolls, and gravy for \$54.95.

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

Soup: Chicken Soup

Dessert: Apple turnovers \$3.95/ea.

## THURSDAY: Open 10-3

### Dinners:

*Chicken Verde Enchiladas* - chicken, house verde, black bean quinoa, and veggie medley. \$14.95

Soup: Turkey tortilla soup

A la carte: 2 LB pan chicken verde enchiladas (frz), house tortilla chips \$2.95, guacamole \$7.95, chicken quesadillas \$3.95

Dessert: Jumbo Chocolate Chunk Cookies \$3.50

## FRIDAY: Open 10-3

**\*Preorder highly recommended**

*Ahi Tuna Tacos* -\$5.95 ea. or 2/\$10  
Seared sesame crusted ahi tuna, siracha aioli, slaw, cilantro, lime on a grilled flour tortilla.

*Taco Builder* (serves 4)

**Let the kids make dinner** 😊

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 guacamole \$7.95.

*Weekend sides, dips, freezer soups, and casseroles* TBA

SATURDAYS & SUNDAYS we are Closed  
Advance preorders for picnic boxes and catering only