

HORS D'OEUVRES

24 piece minimum (price listed is per piece)

lobster salad...\$4

poached local lobster, aioli, parsley, and celery; served on miniature soft rolls w/ baby lettuce.

lamb chop lollipop...\$3.50 (full-service events only)

herb crusted lollipop lamb chops; served medium-rare w/ house made mint jelly.

duck breast...\$3.50 (full-service events only)

crispy duck breast served medium-rare atop a buttered brioche toast w/ morello cherry jam and microgreens.

filet mignon...\$3.50 OR lollipops...\$3 (gluten-free)

grass fed filet mignon, horseradish cream, caramelized onion, micro green garnish; served on toasted brioche.

ahi tuna on rice crisp...\$3.25 (gluten-free)

seared ahi tuna w/ sesame crust, siracha aioli, and micro greens; served on sesame rice crisp.

crabcakes...\$2.50

lump Maryland crabmeat, panko bread crumbs, old bay, mustard, aioli, bell pepper, butter, parsley, eggs; served w/ chipotle aioli or lemon-dill aioli.

shrimp and chorizo skewers...\$2.25 (gluten-free)

grilled shrimp and spicy chorizo; served w/ romesco sauce

smoked salmon...\$2

smoked salmon, chives atop an herb cheese spread on rye crostini or a cucumber round (gluten-free).

baby stuffed peppers...\$2 (gluten-free)

baby bell peppers stuffed w/ rice, marinara, ground beef, herbs, and spices.

satay skewers...beef \$2/ea.; chicken \$1.75/ea.

choose from grass fed beef or bell and evan's chicken; served w/ spicy peanut or sweet chili sauce.

grilled vegetable skewers \$1.75 (gluten-free)

eggplant, grape tomato, zucchini, yellow squash w/ fresh spinach leaf garnish; served w/ romesco sauce.

jalapeno bites...\$1.75

jalapenos stuffed w/ house made cream cheese filling and wrapped w/ applewood bacon.

mini flatbread...\$1.50

choose from fig and brie or spicy pepper jam and goat cheese; topped w/ arugula. Other varieties available.

tortilla española bites...\$1.25 (gluten-free)

eggs, thinly sliced potatoes, roasted red peppers, and herbs baked to a golden brown; served w/ pimento aioli.

stuffed mushrooms...\$1.25; w/sausage \$1.50

stuffed w/ fresh breadcrumbs, cheese, and herbs.

**for more app options, email julia@thefreshfeast.com*

TO PLACE AN ORDER CALL:

(781) 383-2255

We accept cash, check, MC, & Visa

DELIVERY:

1-2 miles.....\$15

3-5 miles.....\$25

5-10 miles.....\$50

STAFF:

Our staff consists of polished professionals who can help you with a variety of tasks from preparing food, passing hors d'oeuvres, greeting guests, to setting up before and tidying up after your event.

Chef.....\$60/hour

Bartender.....\$40/hour

Server.....\$30/hour

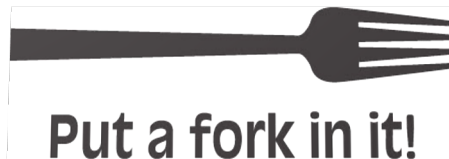
4-hour minimum per staff member

RENTALS:

We charge a nominal fee of 10% of the cost of the rental when arranging rentals for events we cater. We calculate what is needed, take care of booking the rental, inspect items upon delivery, and prepare items for return to the rental company. A minimum of two of our servers must be working the event for which we coordinate rentals.

PAYMENT:

All orders must be paid in full at least 7 days prior to the date of your event. Larger events require a 20% non-refundable deposit to secure the date. An 18% service charge is applied to staffed events and includes a modest gratuity.



CATERING

The **fresh**
feast

Local, Homemade, Delicious

☞ **Fall/Winter Menu** ☜

(October-April)

COHASSET SHOP HOURS

Monday-Friday 10AM-6PM

Catering Available 7 days a week; based on availability with a minimum of one week's notice

105 Ripley Road
Cohasset, MA 02025

(781) 383-2255

info@thefreshfeast.com

www.thefreshfeast.com



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

*A 3.9958% product service charge will be added to your order; we offer a 3.9958% discount if you choose to pay by cash or check. This charge offsets our credit card costs and has afforded us the opportunity to provide medical and dental benefits to our employees.

SALADS

served with our house made dressings.

harvest...\$29.95 (10-15); \$39.95 (15-20); \$59.95 (20-30); \$79.95 (30-40)

mixed greens, roasted delicata squash, craisins, walnuts, green beans; w/ maple-cinnamon vinaigrette.

thai salad...\$29.95 (10-15); \$39.95 (15-20); \$59.95 (20-30); \$79.95 (30-40)

mixed greens, shredded carrots, shredded red cabbage, edamame, peanuts, mint, cilantro, basil, cucumber, red bell peppers; served w/ soy-peanut dressing.

greek salad...\$26.95 (10-15); \$35.95 (15-20); \$53.95 (20-30); \$72.95 (30-40)

greek vinaigrette, green leaf, feta, Kalamata olives, cucumbers, grape tomatoes, yellow peppers, red onion.

southwest salad...\$59.95 (20-30); \$79.95 (30-40)

jalapeno-ranch dressing, green leaf and baby greens, grilled corn, grape tomatoes, cucumbers, sweet potatoes, black beans, avocados, and pumpkin seeds.

"kitchen sink" garden salad...\$26.95 (10-15); \$35.95 (15-20); \$53.95 (20-30); \$72.95 (30-40)

balsamic vinaigrette, baby greens, assorted seasonal mixed vegetables.

caesar salad...\$26.95 (10-15); \$35.95 (15-20); \$53.95 (20-30); \$72.95 (30-40)

caesar dressing (contains anchovies), romaine greens, parmesan cheese, fresh baked croutons.

side salads...\$6.95/lb.-10.95/lb. (1 lb. serves 3-4)

peanut noodles, spinach feta orzo, mediterranean couscous, kamut+kale, classic potato, pesto pasta, pesto quinoa, black bean quinoa, mango slaw, etc...

CHEESE

served w/ fresh fruit, jam, and cracker basket.

2 cheese \$39.95 (8-10)

3 cheese \$64.95 (10-15)

4 cheese \$89.95 (15-20)

5 cheese \$119.95 (20-25)

choose from local crystal aged cheddar, vermont goat cheese, french brie, smoked gouda, and maytag blue; or customize your platter (additional charges may apply).

Consuming raw, undercooked meats, poultry, seafood, or eggs may increase the risk of food-borne illness. Prices are subject to change at any time. We are not a nut-free or gluten-free facility.

PLATTERS

all platters are beautifully garnished and ready-to-serve at room temp; some items can be prepared in a ready-to-heat pan for warming.

tapas...\$89.95 (15-20); \$134.95 (20-30)

blue cheese stuffed dates, goat cheese stuffed peppadews peppers, caprese skewers, prosciutto wrapped asparagus, crystal aged cheddar, soppressata, marinated olives, and crackers.

organic salmon...\$54.95 (6-8); \$109.95 (10-15)

white wine poached organic nova scotia salmon garnished with thinly sliced cucumber, or pesto-tomato roasted salmon); served w/ lemon-dill aioli.

grass-fed beef...\$69.95 (8-10); \$89.95 (10-15); \$109.95 (15-20); \$149.95 (20-30)

grilled grass-fed beef cooked medium to medium-rare and sliced; served w/ chimichurri or horseradish cream.

poached shrimp...\$49.95 (10-15); \$99.95 (15-25)

served w/ cocktail sauce and garnished w/ lemon.

grilled chicken...\$44.95 (8-10); \$59.95 (10-15); \$74.95 (15-20); \$104.95 (20-30)

marinated and sliced grilled chicken; served w/ chimichurri sauce, cranberry mustard, balsamic reduction, or honey apricot glaze.

combination...\$69.95 (8-10); \$84.95 (10-15); \$109.95 (15-20); \$149.95 (20-30)

grass-fed beef, grilled chicken, and salmon or shrimp; served w/ horseradish cream, chimichurri, pesto, chipotle aioli, BBQ, or balsamic (choose 3).

grilled vegetable platter...\$49.95 (15-20)

delicata squash, carrots, red onion, fennel, roasted red peppers, mushrooms, eggplant, and asparagus; served w/ roasted garlic in olive oil.

winter caprese...\$34.95 (10-15); \$54.95 (15-20)

tomatoes and fresh baby spinach, layered in a spiral pattern with fresh slices of mozzarella; drizzled w/ olive oil and served w/ pesto.

smoked salmon...\$69.95 (8-12) great for brunch!

nova scotia smoked salmon, capers, red onion, eggs, tomato, dill cream cheese, lemon; served w/ 6 bagels.

FRUIT

a selection of sliced fruit artfully presented.

small \$29.95...(8-10)

medium \$49.95...(15-20)

large \$69.95...(20-30)

BASKETS

served in bamboo wicker baskets.

cheese quesadillas (8-10)...\$29.95; chicken or chorizo \$34.95; beef \$36.95; shrimp \$39.95

stuffed w/ cheddar cheese, black beans, jalapeños, red peppers; served w/ salsa. **Add guacamole...\$5.95**

crudit +dip...\$29.95 (8-10); \$59.95 (15-20)

fresh cut seasonal veggies beautifully arranged in a basket; served w/ your choice of house made dip (lemon-garlic hummus) (small 1 pint, large 2 pints).

READY-TO-BAKE

*pans serve 8-10. for an additional charge many dinners can be made **gluten free!***

4-cheese lasagna (deep dish)...\$49.95; meat \$54.95

mexican lasagna...\$34.95

seafood paella...\$64.95 (gluten-free)

chicken pot pie casserole (crust on top)...\$49.95

chicken enchiladas...\$39.95 (12 enchiladas)

chicken marsala...\$59.95 add rice pilaf...\$17.95

chicken parm casserole w/ penne...\$48.95

chicken, broccoli, ziti alfredo...\$48.95

italian meatballs...\$59.95

pulled pork...\$54.95; pulled chicken \$59.95

sausage, peppers, onions...\$44.95

eggplant parmesan or eggplant stacks...\$44.95

macaroni+cheese...\$34.95

French toast bake...\$39.95

Quiche (10" handmade butter crust)...\$16

DESSERT

double chocolate brownies...

\$28.95 (8-12); \$54.95 (20-24); \$79.95 (30-36)

julia's original recipe for rich double chocolate fudge brownies; served on a platter garnished w/ strawberries.

other desserts: chocolate mousse, strawberry

shortcake, lemon squares, oatmeal cookies, chocolate

chip cookies, protein snacks, flan, bread pudding, apple

crisp, peach cobbler, blueberry pie, apple pie, pineapple

upside down cake...tell us what you like and we can

probably make it!