

Only at the Fresh Feast...



CARE PACKAGES \$49.95

Send the gift of food! A dinner for two packed in a gift box wrapped with ribbon and a personalized note card; for an additional charge we can deliver it for you!

- (2) dinners, (2) brownies,
- (1) salad, (1) pint soup

MEALS DELIVERED

Orders placed by 10AM-delivered by 6PM

Get a few days of healthy and delicious lunches, salads, dinners, and soups delivered right to your door!

(Minimum order \$50, delivery fee additional)

DAILY SPECIALS

Monday Mediterranean	Tuesday Asian
Wednesday Chicken Pot Pies	Thursday Mexican, Guacamole
Friday Seasonal, Casseroles, Dips, and Homemade Chips	

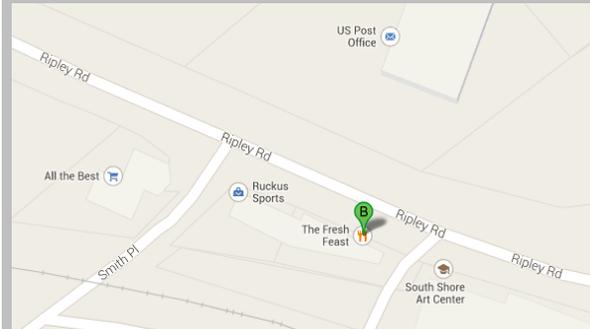
★ GIFT CARDS ★

★ there is a \$5 additional fee for taking credit card payments over the phone; this is a transferred cost to us from VISA/MC.
★ prices on this menu are subject to change at any time.

TO PLACE AN ORDER CALL:
(781) 383-2255

We accept cash, check, MC, & Visa

★ We are located...



...across from the Cohasset post office, behind Seams Sew Right Sewing.



To receive our daily specials, like us on facebook and accept notifications.

. Deli Menu .



Prepared Foods & Catering

∞ FALL/WINTER MENU ∞

SHOP HOURS

Monday-Friday 10AM-6PM

Catering AVAILABLE 7 days a week

Please contact info@thefreshfeast.com

105 Ripley Road
Cohasset, MA 02025

(781) 383-2255

info@thefreshfeast.com

www.thefreshfeast.com

**We take food allergies VERY seriously.
Please alert your server to any food allergies when placing your order.**

SALADS

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

salad of the day...\$7.95

cobb...\$8.95

honey-dijon dressing, maytag blue cheese, bacon, tomato, sliced egg, cucumber.

fruit+nut...\$8.95

white balsamic-honey vinaigrette, baby greens, vermont goat cheese, dried cranberries, walnuts.

caesar...\$7.95

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

garden side salad...\$3.75

balsamic vinaigrette, mixed greens, yellow peppers, english cucumber, grape tomatoes, carrots, and seasonal fun stuff!

extras: bacon or avocado \$1; tuna \$2; chicken \$3.

SOUPS

homemade soups served in 16 oz. and 32 oz. microwaveable and reusable containers. 8 oz. soup of the day is \$3.75.

***LIKE US ON FACEBOOK + ACCEPT NOTIFICATIONS TO RECEIVE DAILY SPECIALS**

WRAPS

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

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

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

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

veggie wrap...\$7.95 spinach greens, homemade hummus, avocado, tomato, cucumber, carrots, peppers, and sweet red onion.

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

SANDWICHES

served w/ utz chips and a homemade pickle. For a light lunch, lose the bread and ask for your sandwich on mixed greens at no extra charge. Add bacon or avocado for \$1.

***sandwich station closes at 4PM**

roast beef & caramelized onion...\$9.95

house-made herb roast beef, provolone, caramelized onion, green leaf, horseradish cream; served on toasted brioche onion roll.

chicken+chipotle...\$9.95

grilled chicken, colby-jack, avocado, tomato, chipotle aioli; served on sliced ciabatta and hot pressed. *Add a chipotle pepper for extra spicy!*

meatball+parmesan...\$9.95

house-made meatballs and san marzano marinara, provolone, parmesan; served on a toasted sub roll.

banh mi...\$9.95

grilled chicken, sesame-soy glaze, pickled jalapeno, carrots, cucumber, and cabbage, w/ cilantro-mint-basil aioli on a toasted baguette.

turkey monte cristo \$8.95

in-house roasted turkey, swiss cheese, baby spinach, maple-mustard aioli on sliced white, pressed w/ maple-butter, and topped w/ powdered sugar and a fried egg.

ham+brie...\$8.95

vermont smoked ham, brie, granny smith apple, grainy mustard and arugula; served on sliced ciabatta, pressed. *(add pepper jelly for a little zip!)*

MRP...\$7.95 (add chicken-\$2)

fresh mozzarella, roasted red pepper, pesto, fresh spinach on a pressed ciabatta roll.

b.l.t.a.....\$7.95 (add turkey-\$2)

applewood smoked bacon, avocado, green leaf, tomato, pesto aioli on thick cut white toast.

traditional:

Served w/ lettuce and tomato, mayo or mustard; choice of wheat, white, or marble rye bread.

extras: bacon, avocado, gf bread \$1; cheese \$5.0.

*tuna salad.....\$7.95

*b.l.t.....\$7.95

*ham.....\$7.95

*roast turkey.....\$7.95

*chicken salad.....\$8.95

*roast beef.....\$8.95

1/2+1/2....\$7.95 half of a traditional sandwich plus: cup of soup or side garden salad.

PREPARED FOODS

natural and antibiotic-free sourcing local and organic as much as possible

***LIKE US ON FACEBOOK + ACCEPT NOTIFICATIONS TO RECEIVE DINNER SPECIALS DINNER OPTIONS CHANGE DAILY:**

MONDAYS - Mediterranean

(*examples:* lasagna, bolognese, mustard-tarragon salmon, spaghetti+meatballs, moussaka, paella.)

TUESDAYS - Asian

(*examples:* soy-ginger salmon, korean beef w/ pineapple, indian curry, thai coconut curry.)

WEDNESDAYS – Comfort Foods

(*examples:* chicken pot pies, chicken soup, roast pork loin, meat loaf, roast chicken, shepherd's pie.)

THURSDAYS - Mexican

(*examples:* enchiladas, fish tacos, chile rellenos, quesadillas, guacamole, black bean quinoa.)

FRIDAYS – Seasonal

(*examples:* casseroles, flatbread pulled chicken, seasonal, fish fry, tacos)

DINNERS

includes protein and two sides; call for specials or like us on facebook and accept notifications.

fish \$15.95; beef \$14.95; pork \$13.95;

chicken/meatloaf \$12.95; veggie \$11.95

DESSERTS

many other options available through catering!

double chocolate brownies...\$2.50

ridiculously fudgy double chocolate brownies.

quick bread...\$2.50

changes weekly: apple, pumpkin, banana...

protein snacks...\$2.95 (gluten-free/vegan)

oats, coconut, chocolate drops, peanut butter, honey, raisins, walnuts, pecans, raisins.