

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
- Craisin, walnuts, goat cheese, champagne-honey vinaigrette...\$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
 - 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
- Glass Bottle Sprite
- Glass Bottle Fanta
- Ginger Beer
- Blood Orange Soda
- Perrier Sparkling Water
- Everybody Water
- 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

- Chicken Parm w/ Ziti (serves 4-6)...\$39.95
- Meat Lasagna 2LB...\$20.95
- Eggplant Parm 2LB...\$17.95
- Chicken Pot Pies...\$11.95
- Spinach Artichoke Dip Bake...\$10.95
- French Onion Dip Bake \$9.95
- Chicken Enchiladas 2LB...\$22.95
- Fr. Toast Bake 2LB...\$16.95
- Gluten-Free Chicken Fingers...\$12.95
- Ckn. Fingers...\$9.95 | \$20.95
- Freezer Appetizers mushroom tartlets, beef short rib empanadas, spanakopita, coconut shrimp
- Soups \$4.95-\$16.95 turkey 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 Piccata | \$14.95 individual | \$59.95 family
pan-fried organic chicken coated w/ flour and parmesan, served w/ rice pilaf and asparagus.

Bolognese | \$13.95 individual/\$49.95 family (salad/rolls)
Fresh pappardelle pasta, braised grass-fed beef, house marinara enriched w/ herbs, butter, cream, wine.

Soup: **Minestrone** | V | veggies, tomatoes, veg stock, red beans, potatoes, spinach, elbow pasta, basil, oregano.

Dessert: **Tiramisu** | VE | GF | \$3.95

Gluten free sponge cake soaked in coffee and layered with mascarpone custard and topped w/ whipped cream and espresso and cocoa powder. (contains tree nuts)

TUESDAY: Open 10-3

Dinners:

Red Curry Salmon | GF | \$16.95 individual (med spicy)
roasted salmon with tomato and herbs served on top of our house red coconut curry w/ rice and veggies.

Korean Short Ribs | GF | \$17.95 individual
Braised Asian-style grass-fed boneless short ribs; served w. wasabi potato mash and veggies.

Soup: **Curried Sweet Potato Bisque** | GF | V | sweet potato, coconut milk, curry, ginger.

A la carte: **Thai Peanut Noodles** | \$6.95/pkg

Dessert: **Mini Cheesecake Trio** | VE | \$4.95

WEDNESDAY: Open 10-3

Dinners:

Roasted Pork Loin | GF | DF | \$14.95/\$59.95
maple-mustard-fennel ABF pork loin, mashed potatoes, roasted beets and haricot verts

Dad's Meatloaf (pork and beef) | \$14.95 individual
Ground pork and beef, peppers, carrots, celery, a hit of cayenne topped w/ honey-cumin-ketchup sauce; served w/ mashed potatoes, peas, and carrots.

A la carte: **Mac N Cheese 2LB pans** | \$15.95

Soup: **Chicken & Vegetable Soup** | GF | organic chicken, vegetables, chicken stock, parsley, thyme.

Dessert: **Chocolate Pudding** | VE | \$3.95

****Family style meals serve 4-5 (please preorder)**

***Dinners available for pickup after 12PM M-F**

***VE (vegetarian) V (vegan), GF (gluten-free), DF (dairy-free), N (contains nuts)**

THURSDAY: Open 10-3

Dinners:

Chicken Mole Enchiladas | GF |
\$14.95 individual | \$69.95 family

Organic chicken, cheese, house mole, fried corn tortillas; served w/ black bean quinoa, and vegetables.

A la carte:

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

Chicken Verde Enchilada 2LB Pans | GF | \$22.95

Vegetarian Quesadillas | \$3.50 | black beans, sweet potato, poblano, cilantro, rojo

Soup: **Black Bean Soup** | GF | Black beans, poblanos, jalapenos, red peppers, yellow peppers, carrots, cilantro, southwest spices, tomatoes, green onion, garlic, corn.

Dessert: **Jumbo Chocochunk Cookies** | VE | \$3.50/ea.

FRIDAY: Open 10-3

Soup: **Winter Beef & Farro Soup** | braised grass-fed beef, farro, chopped tomato, carrots, celery, onion, garlic, thyme, bay leaf, beef broth, paprika, miso, kale.

Buffalo Chicken Dip Bake | \$10.95 ea. | organic chicken, cheese, cream cheese, buffalo sauce topped w/cheese.

Fried Fish Taco | \$5.95 ea. | 2/\$10

Fried Mullaney's Haddock, chipotle aioli, slaw, cilantro, and lime on a grilled flour tortilla.

Chicken Nacho Kit |(serves 4-5) | \$36.95

Kit includes shredded organic chicken, shredded Colby-jack cheese, jalapenos, black olives, cherry tomato pico de gallo, rojo, sour cream, cilantro-scallions, and red onion.

*Add guacamole | \$7.95.

Weekend Casseroles and Apps from our Freezer

mushroom tartlets, beef short rib empanadas, mini quiche Lorraine, spanakopita, coconut shrimp. Eggplant Parm, Lasagnas, chicken broccoli ziti, soups, dips, French toast bakes, meatballs, enchiladas...

*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.