

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
- Roasted delicatta squash, green beans, goat cheese, craisins, walnuts, cinnamon-maple vin...\$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

Kids Stuff

- Chicken Finger 6-Pack
- Chicken Finger 12-Pack
- GF Chicken Finger 6-pack
- Meatballs (pork/beef)
- Honey Mustard Sauce

Soups

*Soups change daily, please visit Facebook or Instagram for selection.

- Pints: \$4.95-\$8.95
- Quarts: \$9.95-\$16.95

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
- 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

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

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

Freezer

Casseroles/Pies

- Mac n' Cheese 2LB...\$14.95
- Ckn Enchiladas 2LB...\$19.95
- Cheese Lasagna 2LB...\$19.95
- Eggplant Parm 2LB...\$17.95
- French Toast Bake 2LB...\$16.95
- Spinach-Artichoke Dip...\$8.95
- Buffalo Dip...\$9.95
- Soups
- GF DF Pumpkin Whoopie
- Pies...\$3.95

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.

School starts soon! Buy a teacher lunch for \$12.95! Gift cards also available.



MONDAY: 10-3

Dinners:

Lemon Chicken & Orzo - lemon marinated grilled chicken breast, spinach feta orzo, grilled eggplant, slow roasted cherry tomatoes, green beans, and tzatziki. \$13.95

A la carte: Eggplant Stacks \$6.95

Soup: Chorizo, potato, kale soup

Dessert: Tiramisu \$3.95

TUESDAY: Open 10-3

Dinners:

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

Shepherd' s Pies - braised grass-fed beef, carrots, peas, celery, wine; topped with browned mashed potatoes \$11.95 (large individual serving)

Soup: Jamaican Pumpkin Soup

Dessert: GF DF Pumpkin Whoopie Pies \$3.50

*from a wonderful gluten free bakery!

WEDNESDAY: Open 10-3

Dinners:

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

Chicken Pot Pie - organic roasted chicken, housemade chicken gravy with carrots, celery, corn, onions, and peas set inside a bottom pate brisee and top puff pastry crust - cooked to golden perfection \$10.95 (large individual serving)

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

Soup: Organic Chicken

Dessert: Bread Pudding \$3.95

THURSDAY: Open 10-3

Dinners:

Chicken Mole Enchiladas (GF) - organic chicken & cheese enchiladas w/ sweet and smoky house mole sauce, black bean quinoa and vegetable medley. \$13.95 (contains nuts)

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

Dessert: Jumbo Chocolate Chunk Cookie \$3.50

FRIDAY: Open 10-3

***Preorder highly recommended**

Fried Fish Tacos - \$5.95 ea. or 2/\$10

Fried fish, smoked chili aioli, colorful shred cabbage, cilantro, lime on a grilled flour tortilla.

Weekend sides, dips, freezer soups, and casseroles TBA

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