

# 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
  - Buffalo Chicken Wrap...\$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 beet, sweet potato, and pistachio crusted goat cheese...\$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...

- Albacore Tuna Salad, Organic
- Chicken Salad, Grass Fed
- Herbed Roast Beef, Vermont
- Smoked Ham, Organic in-house
- Turkey, Swiss Cheese, Provolone, Cheddar,
- Colby Jack, House Pickles
- Meats \$13.95-\$15.95/LB
- Cheese \$7.95-\$9.95/LB

### 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
- 1/2 Sandwich...\$3.95 (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...\$18.95
- Chicken Broccoli Ziti 2LB...\$20.95
- Eggplant Parmesan 2LB...\$17.95
- Eggplant Stacks (2-pack)...\$8.95/lb.
- Meatballs (1/2 pint)...\$5.95
- Mac n Cheese...\$15.95
- Chicken Enchiladas 2LB...\$22.95
- Chicken Mole Enchilada Dinners...\$14.95
- Potato Hash...\$7.95/pint
- GF Chicken Fingers...\$12.95 (6-pack)
- Chicken Fingers...\$10.95/\$20.95
- Praline Fr. Toast Bake 2LB...\$16.95
- Apple Crisp 2LB...\$14.95
- Cherry Crisp 1.5LB...\$14.95
- GF Red Velvet Cupcakes \$7.95 (2-pack)

### Freezer Appetizers

Vegetarian Pan-fried pot stickers

### Soups \$4.95-\$16.95

Moroccan tagine (vegan), clam chowder, chorizo & chicken, cream of broccoli, turkey chili, filet mignon chili, vegan chili.

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

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

# Specials

3/01/21-3/05/21

## MONDAY: 10-3

### Dinners:

**North African Vegetable Stew** | V | \$12.95

Loaded with veggies, sweet potato, and chickpeas in a tomato based sauce with warm spices and a touch of honey; served couscous & Landwehr Café pita.

**Moroccan Chicken Tagine** | \$14.95 indiv./\$59.95 Family  
Organic bone-in chicken braised in a sauce of dates, honey, and warm spices like cinnamon and cumin. A unique and delicious flavor profile! Served w/ couscous, roasted zucchini and carrots, and pita.

Soup: **Italian Wedding Soup** | chicken stock, meatballs, spinach, pearled couscous, carrots, celery, garlic, onions, tomatoes, herbs.

## TUESDAY: Open 10-3

### Dinners:

**Teriyaki Salmon** | \$16.95 individual /\$69.95 Family

Teriyaki salmon w/ vegetables and pineapple fried rice.

**Korean Pulled Pork Slider Kits** | GF | \$59.95 family meal

Slow roasted pulled pork in a sticky sweet and tangy

Korean BBQ sauce served w./ Brioche slider rolls,

Asian slaw, roasted sweet potato fries, & garden salad.

Dessert: Add a family dessert like apple or cherry crisp from our freezer! We also have GF/DF red velvet cake and our famous double chocolate chunk brownies.

A la carte: **Thai Peanut Noodles** | V | \$6.95/ea.

Soup: **Thai Vegetable Soup** | GF | V | Vegetables and sweet potato in a coconut curry broth with thai basil, cilantro, and lime.

## WEDNESDAY: Open 10-3

### Dinners:

**Chicken Pot Pies** | \$11.95/each (individual serving)

Roasted organic chicken, celery, carrots, peas, corn, thyme, garlic in a house chicken gravy w/ pie crust bottom and puff pastry top.

**Filet Mignon** | GF | \$19.95 Individual/\$79.95 Family  
Herb crusted filet mignon, duchess potatoes, and asparagus served w/ side of horseradish cream sauce.

Soup: **Chicken Soup** | \$6.95/Pt | \$12.95/Qt  
Chicken stock, roast organic chicken, carrots, celery, onions, thyme, garlic, bay leaf.

A la carte: **Mac N Cheese** | VE | \$15.95/2LB pan

Dessert: **Raspberry Mousse** | VE | \$4.95/ea.

\*A 3.9958% product service charge will be added to your order; we offer a 3.9958% cash discount if you choose to pay by cash or check.

**\*\*Family style meals serve 4-5 and include rolls**

**\*\*\*Please PRE ORDER family meals at least a day ahead**

**\*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:

**Seafood Paella** | GF | DF | \$15.95 individual/\$64.95 Family  
Shrimp, calamari, scallops, mussels, chorizo, peas, rice, saffron, tomato.

### A la carte:

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

**Chicken Verde Enchilada 2LB Pans** | GF | \$19.95

**Vegetarian Mexican Lasagna 2LB Pans** | GF | \$17.95

Soup: **Turkey Tortilla Soup** | GF | \$6.95/pt. | \$12.95 Qt.  
Turkey, tomatoes, chipotle chilis, green onion, jalapenos, lime juice, cilantro, garlic, tortillas, roast turkey.

Dessert: **Jumbo Chocolate Chunk Cookies** | VE | \$3.50  
Jumbo chocolate chunk cookies

## FRIDAY: Open 10-3

## STOCK UP FOR THE WEEKEND!!!

**Fried Onion Dip** | \$9.95 ea.

Cream cheese, cheese, fried and sauteed onions, chives - bake for 10 minutes & serve w/ our house tortilla chips or potato chips.

**Scallop Taco** | \$6.95 ea. OR 2/\$12

Seared Mullaney's Scallops, jalapeno-avocado crema, grilled corn, pickled red onion, cilantro, lime.

**Taco Kit |(10 tacos) | Chicken \$39.95 | Shrimp \$49.95**

Kit includes grilled organic chicken OR Pan seared shrimp, house smoky rojo sauce, cilantro, jalapenos, chipotle aioli, lime, sour cream, pico de gallo, pickled onion, shredded cheese. **\*Add guacamole | \$7.95.**

Soup: **French Onion Soup** | veggie stock, caramelized onions, sherry, thyme served w/ gruyere toast.

### Weekend breakfast from our Freezer

Quiche, pecan French toast bake, bacon, potato hash.

### Weekend Casseroles from our Freezer

Buffalo chicken dip, enchiladas, lasagnas, eggplant parms, chicken broccoli ziti, chicken parms (complete list under Freezer on the other page to this menu.

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