

# 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
- Beet, delicata, goat cheese, walnuts, 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
  - GF Chicken Finger 6-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
- Beet Hummus...\$4.95

### 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

### 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

### Casseroles/Pies

- Chicken Parmesan Family Meal (serves 4-6)...\$39.95
- Chicken Pot Pies...\$11.95
- Mac n' Cheese 2LB...\$14.95
- Cheese Lasagna 2LB...\$19.95
- Eggplant Parm 2LB...\$17.95
- Fr. Toast Bake 2LB...\$16.95
- Spinach-Artichoke Dip...\$8.95
- Bread Pudding...\$3.50/slice
- BBQ Pulled Ckn 2LB...\$19.95
- BBQ Pulled Pork 2LB...\$22.95
- GF Ckn Fingers...\$11.95
- Soups \$4.95-\$16.95
- Chicken, French Onion, Sweet Potato Bisque, Jamaican Pumpkin Bisque (spicy), Turkey Chili, veggie chili, Irish Soup

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

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

# Specials

10/12-10/16/20

Say thank you to your favorite teacher with a free lunch! Gift cards available.



## MONDAY: 10-3

### Dinners:

**Chicken Saltimbocca** - provolone and prosciutto stuffed chicken breast seared w/ sage and bacon; served w/ mushroom rice and roasted brussels sprouts \$14.95

### A la carte:

**Pasta Salad** w/ veggies, fresh herbs, and spinach.

**Farro Salad** farro, apples, radish, roasted carrot ribbons, almonds, kale, cider-mustard-honey vinaigrette.

### Soup:

**Beef Stew** - carrots, parsnips, celery, onions, peas, garlic, grass-fed beef, beef stock (GF)

## TUESDAY: Open 10-3

### Dinners:

**Teriyaki Salmon** - roasted teriyaki salmon, white rice, and vegetable medley \$16.95

**Thai Coconut curry chicken** - thai red coconut curry, organic chicken, white rice, and vegetable medley \$14.95

### Soup:

**Slow Roasted Tomato Bisque** - slow roasted garden tomatoes, basil, veggie stock, cream.

Dessert: Passion Fruit Tart \$3.95 (serves 1)

## WEDNESDAY: Open 10-3

### Dinners:

**Meatloaf** - dad's pork and beef meatloaf w/ mashed potatoes, carrots, and peas. \$14.95

\*preorder this meal **FAMILY STYLE!!** Serves 4-6 and includes meatloaf, mashed potatoes, salad, and rolls for \$59.95.

### A la carte:

mac n cheese 2LB pans \$15.95

chicken pot pie \$11.95

Eggplant stacks \$7.95

Soup: Chicken Soup

Dessert: Dark Chocolate Pudding \$3.95/ea.

## THURSDAY: Open 10-3

### Dinners:

**Seafood Paella** - shrimp, scallops, mussels, calamari, chorizo, peas, saffron, rice. \$16.95

Soup: Chorizo & Potato Soup

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

Dessert: Jumbo Chocolate Chunk Cookies \$3.50

## FRIDAY: Open 10-3

**\*Preorder highly recommended**

**Fried Fish Tacos** -\$5.95 ea. or 2/\$10  
Fried haddock, chipotle crema, slaw, cilantro, lime on a grilled flour tortilla.

**Buffalo Chicken Dip** -\$10.95 ea.  
Organic chicken, buffalo sauce, cheese - yum!

\*Add house tortilla chips \$2.95

**Let the kids make dinner** ☺...

**Fajita Builder** (serves 4)

**Chicken \$44.95 | Beef \$49.95**

Served w/ sautéed peppers and onions, pico de gallo, cilantro, limes, sour cream, shred cheese, jalapeno, flour tortillas (kit makes 10 fajitas).

\*Add guacamole \$7.95.

*Weekend sides, dips, freezer soups, and casseroles TBA*

**SATURDAYS & SUNDAYS we are Closed**

Advance preorders for picnic boxes and catering only.  
Follow us on facebook/insta for pop-up opening updates

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