

the fresh feast

Pickup & Delivery Menu

Daily Menu

M-F 10-5 Sa+Su 10-3

House Sandwiches

*Sandwiches available 10AM-3PM

- Chicken Chipotle Panini...\$10.95
 - Roast Beef & Onion...\$9.95
 - Meatball Parmesan...\$9.95
 - Banh Mi...\$9.95
 - Monte Cristo...\$8.95
 - Turkey-Cran GrCh...\$8.95
 - Ham + Brie...\$8.95
 - 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
- Greek Salad...\$9.95
- 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

Basics

- Fresh OJ Quart...\$6.95
- Lemonade ½ gallon...\$6.95
- Everybody H2o Case \$24
- Gelato & Chill Gelato...\$14

Kids Stuff

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

Soups

*for summer we bulk up our freezer and most often do not offer a soup of the day. For when we have soups of the day in the summer, these are our prices.

- Veggie: \$4.95 P/\$9.95 Q
- Meat: \$5.95 P/\$10.95 Q
- Fish: \$6.95 P/\$11.95 Q
- Beef Stew \$16.95 Q

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, sprite, fanta, Pelegriano POM, orange, lemon
- Perrier Sparkling Water
- Everybody Water
- Natalies Lemonade,
- Strawberry Lemonade, Iced Tea Lemonade
- Spindrift cucumber, blackberry, pineapple, razz-lime, Ginger beer, blood orange soda

Traditional Sandwiches

(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...\$6.95
- ½ Sandwich...\$3.95 (no chips/pickle)
- ½ + ½...\$8.95 (no chips/pickle)

*all sandwiches include utz chips + pickle
*choice of toppings: lettuce, tomato, aioli, mustard, cucumber, onion.
*add avocado or bacon \$1

Wraps

(white/wheat/spinach)

- Thai Chicken...\$8.95
- Chicken Caesar...\$8.95
- Veggie Wrap w/ hummus...\$8.95
- Thanksgiving...\$8.95

*all wraps include utz chips + pickle

Freezer

Casseroles/Pies

- Pulled Pork 2LB...\$22.95
- Pulled Chicken...\$9.95/pint
- Mac n' Cheese 2LB...\$14.95
- Ckn Enchiladas 2LB...\$19.95
- Chicken Parm 1.5LB...\$19.95
- Lasagna 2LB...\$19.95
- Eggplant Parm 2LB...\$17.95
- French Toast Bake 2LB...\$14.95
- Spinach-Artichoke Dip...\$8.95
- Buffalo Chicken Dip...\$9.95
- Chicken Pot Pie...\$10.95
- Gelato...\$13.95
- Peach Crisp...\$6.95/\$8.95

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.

Check out our Beach and Boat menu.
Picnic boxes, deli salads, chicken satay, finger sandwiches, baskets, and platters
(48-hours notice).
www.thefreshfeast.com/beachandboat

MONDAY: 10-5

Dinners:

Chicken Kabobs - lemon marinated organic grilled chicken kabobs w/ grilled vegetables
Mediterranean couscous, pita, and tzatziki \$13.95
**sold out last week so we are making them again!*

A la carte: Fried Eggplant Stacks \$6.95 (last of the summer!)

Dessert: Strawberry Shortcake \$3.95

TUESDAY: Open 10-5

Dinners:

Sweet Chili Salmon - sweet chili salmon w/ rice and vegetable medley \$16.95

Chicken Satay (GF) - Thai chicken satay w/ pineapple rice, vegetable medley, and peanut sauce \$13.95

A la carte: peanut noodles \$6.95/LB, Curry Chicken Salad \$7.95/ ½ pint

Dessert: Mini cheesecake trio \$6.95

WEDNESDAY: Open 10-5

Dinners:

Steak Tips (GF) - House steak tips, Greek lemon-herb rice, spinach, and roasted tomatoes \$15.95

Grilled Swordfish - Grilled swordfish w/ Greek lemon-herb rice, spinach, and roasted tomatoes \$17.95

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

Dessert: 6" Key Lime Pie \$8.95

Sandwich: Fried Chicken Sandwich w/ bacon, lettuce, tomato, jalapeno ranch on a brioche bulky roll \$10.95

THURSDAY: Open 10-5

Dinners:

Chicken Rojo Enchiladas (GF) - organic chicken & cheese enchiladas w/ smoky red sauce, black bean quinoa and vegetable medley. \$13.95

A la carte: chicken verde enchiladas 2LB pans, guacamole; chicken quesadillas.

Dessert: Reeses Jumbo Chocolate Chunk Cookie \$3.50

FRIDAY: Open 10-5

***Preorder highly recommended**

Veggie Tacos -\$3.95 each or 2 for \$7
Sweet potato, black beans, grilled corn, avocado-jalapeno crema, slaw, cilantro, lime.

Buffalo Chicken Dip \$9.95/LB

Spinach Artichoke Dip \$8.95/LB

Fried Chicken Picnic Basket \$49.95 (serves 4)

Served w/ Fried chicken, potato salad, side garden salad, watermelon, brownies, and Natalie's lemonade. *chicken packaged in aluminum pan for heating (if desired) but room temp fried chicken is delicious too! Comes with napkins, utensils, and cups for lemonade.

Taco Box (serves 4)

Fried Fish \$49.95 or Grilled Chicken \$39.95
Served w/ slaw, pico de gallo, cilantro, limes, sour cream, shred cheese, chipotle aioli, pickled onion, jalapeno, crunchy tacos, flour tacos (kit makes 10 tacos). Add gauc \$7.95.

Just Add Booze House mixer - lasts 3 days

We squeeze the fruit Friday morning!

Watermelon-Lime Mixer w/ lime and mint garnish; add rum, tequila, gin, or vodka for a refreshing summer cocktail. Fresh squeezed watermelon juice, fresh squeezed lime juice, a touch of agave to balance. 16 oz. \$16.95 (4-6) | 8 oz. \$8.95 (2-3)

SATURDAY & SUNDAY: 10-3
Sandwiches, freezer casseroles,
snacks, desserts...
PREORDERED picnic boxes,
PREORDERED catering