

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
- Strawberry, goat cheese, walnut salad...\$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
- 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

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 Broccoli ziti 2LB...\$19.95
- Chicken Pot Pies...\$11.95
- Mac n' Cheese 2LB...\$14.95
- Ckn Enchiladas 2LB...\$19.95
- Cheese Lasagna 2LB...\$19.95
- Eggplant Parm 2LB...\$17.95
- Fr. Toast Bake 2LB...\$16.95
- Spinach-Artichoke Dip...\$8.95
- Buffalo Dip...\$9.95
- Bread Pudding...\$3.50
- 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, Beef Stew, Sweet Potato Bisque, Jamaican Pumpkin Bisque (spicy), 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.

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



MONDAY: 10-3

Dinners:

Butternut Squash Ravioli - Butternut squash ravioli w/ walnuts, pumpkin seeds, roasted delicata and a sage butter sauce. \$11.95

A la carte: Pesto tomato salmon, Eggplant stacks, Beet Hummus

Sandwich: fresh baked focaccia, prosciutto, grilled chicken, provolone, pesto, and arugula - pressed

Soup: Irish Soup - cabbage, corned beef, potatoes, carrots, chicken broth.

Dessert: Pumpkin CC Bread Slices \$2.95/ea.

TUESDAY: Open 10-3

Dinners:

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

Soup: Thai sweet potato, lemon grass, coconut soup with veggies (vegan)

Dessert: Crème Brulee \$6.95/ea.

WEDNESDAY: Open 10-3

Dinners:

Chicken Pot Pies - organic roast chicken, carrots, celery, peas, corn, chicken gravy, and thyme in a buttery pies crust with puff pastry top \$11.95.

Beef Stew w/ Noodles - braised beef, carrots, parsnips, peas, tomatoes, beef stock, and herbs over fresh pappardelle noodles. \$15.95

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

Soup: Chicken Soup

Dessert: Apple Crisp \$8.95 (serves 3-4)

THURSDAY: Open 10-3

Dinners:

Chipotle Shrimp Burrito Bowl (GF) - Chipotle shrimp, sweet potato, black beans, scallions, red cabbage, corn, tomato, quinoa, jalapeno, cilantro, lime, sour cream. \$15.95

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 Cookies \$3.50

FRIDAY: Open 10-3

***Preorder highly recommended**

Steak Tacos -\$5.95 ea. or 2/\$10

Grass fed steak, feta, cilantro, pickled onion, garden baby tomato, lime w/ jalapeno aioli.

Epic Dry Rub Wings -\$9.95/dozen

Organic chicken wings with house dry rub baked. Served w/ ranch dressing.

Taco Box (serves 4)

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 guac \$7.95.

Weekend sides, dips, freezer soups, and casseroles TBA

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