

Only at the Fresh Feast...



CARE PACKAGES \$64.95

Send the gift of food! A dinner for two packed in a gift box wrapped with ribbon and a personalized note card; for an additional charge we can deliver it for you!

- (2) dinners, (2) brownies,
- (1) salad, (1) pint soup

*includes delivery within 2 miles of shop; further distances are available at an additional cost.

MEALS DELIVERED

Orders placed by 10AM-delivered by 6PM

Get a few days of healthy and delicious lunches, salads, dinners, and soups delivered right to your door!

(Minimum order \$50, delivery fee added)

DAILY SPECIALS

Monday Mediterranean	Tuesday Asian
Wednesday Chicken Pot Pies	Thursday Mexican, Guacamole
Friday Seasonal, Casseroles, BBQ, Dips, and Homemade Chips	

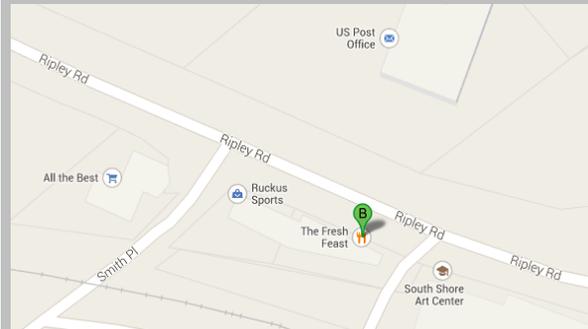
★ GIFT CARDS ★

★ we accept all major credit cards, cash, and checks; we offer a discount for cash purchases.

★ prices on this menu are subject to change at any time.

TO PLACE AN ORDER CALL:
(781) 383-2255
 We accept all major credit cards

★ We are located...



...across from the Cohasset post office, behind the 103 Ripley Road Building.



Put a fork in it!



To receive our daily specials, like us on facebook/instagram and accept notifications.

. Deli Menu .



Prepared Foods & Catering

🌀 FALL/WINTER MENU 🌀

SHOP HOURS

Monday-Thursday 10AM-6PM

Fridays 10AM-3PM

Sat & Sun Closed for Catering

Catering AVAILABLE 7 days a week

Please contact info@thefreshfeast.com

105 Ripley Road
Cohasset, MA 02025

(781) 383-2255

info@thefreshfeast.com

www.thefreshfeast.com

We take food allergies VERY seriously. Please alert your server to any food allergies when placing your order.

SALADS

served with our homemade dressings, which are also available for purchase by the pint or quart.

side salad (garden)...\$3.95

balsamic vinaigrette, mixed greens, yellow peppers, cucumber, grape tomatoes, and carrots.

cobb...\$10.95

honey-dijon dressing, danish blue cheese, bacon, tomato, sliced egg, cucumber.

caesar...\$8.95

caesar dressing (contains anchovies), green leaf lettuce, parmesan cheese, fresh baked croutons.

winter salad (rotating)...\$9.95

ask about our rotating winter salad.

extras: bacon or avocado \$1; tuna \$2; chicken \$3.

SOUPS

homemade soups served in 16 oz. and 32 oz. microwaveable and reusable containers. 8 oz. soup of the day is \$3.95.

***LIKE US ON FACEBOOK + ACCEPT NOTIFICATIONS TO RECEIVE DAILY SPECIALS**

WRAPS

served on white, spinach, or wheat wrap w/ utz chips and a homemade pickle.

thai chicken...\$8.95 chicken, greens, cabbage, cilantro, mint, carrots, peppers, peanut sauce.

chicken caesar...\$8.95 chicken, caesar dressing, green leaf lettuce, parmesan (croutons optional).

Moroccan Veggie Sandwich.....\$8.95 (vegan!) honey-za'atar eggplant, harissa carrots, crunchy cinnamon chickpeas, spinach, pickled red onion, and house hummus; served on choice of thick-sliced French or multi-grain toast.

***Consuming raw, undercooked meats, poultry, seafood, or eggs may increase the risk of food-borne illness.**

SANDWICHES

served w/ utz chips and a homemade pickle. For a light lunch, lose the bread and ask for your sandwich on mixed greens (add \$1)
***sandwich station closes at 3PM**

roast beef+onion...\$9.95

house-made herb roast beef, provolone, pickled sweet red onion, arugula, horseradish cream OR pepper jelly; served on toasted brioche onion roll.

chicken+chipotle...\$10.95

grilled chicken, colby-jack, avocado, tomato, chipotle aioli; served on sliced ciabatta and hot pressed. **Add a chipotle pepper for extra spicy!**

meatball+parmesan...\$9.95

house-made meatballs and san marzano marinara, provolone, parmesan; served on a toasted sub roll.

banh mi...\$9.95

grilled chicken, sesame-soy glaze, pickled jalapeno, carrots, cucumber, and cabbage, w/ cilantro-mint-basil aioli on a toasted baguette.

monte cristo (turkey or ham) \$8.95

In-house roast turkey OR Vermont smoked ham, swiss cheese, baby spinach, fried egg, maple-mustard aioli on sliced brioche topped with maple butter and powdered sugar, pressed.

turkey+cran grilled cheese...\$8.95

in-house turkey, cheddar, sliced apple, cranberry relish; served on sliced ciabatta, pressed.

MRP...\$8.95 (add chicken-\$2)

fresh mozzarella, roasted red pepper, pesto, fresh spinach on a ciabatta roll, pressed.

b.i.t.a.....\$8.95 (add turkey-\$2)

applewood smoked bacon, avocado, green leaf, tomato, pesto aioli on thick-cut French or multi-grain toast.

traditional:

Served w/ lettuce and tomato, mayo or mustard;

*roast beef.....\$8.95 *chicken salad.....\$8.95
*ham.....\$8.95 *tuna salad.....\$8.95
*roast turkey.....\$8.95 *kid blt or gr. cheez.\$6.95

choice of wheat, white, or marble rye bread; or on your choice of spinach, white, or wheat wrap.

extras: bacon, avocado, gf wrap \$1; cheese \$.50.

1/2+1/2...\$8.95 half of a traditional sandwich plus cup of soup or side garden salad. **1/2 sandwich** \$3.95

PREPARED FOODS

natural and antibiotic-free sourcing local and organic as much as possible

***LIKE US ON FACEBOOK OR INSTA + ACCEPT NOTIFICATIONS TO RECEIVE DINNER SPECIALS**

DINNER OPTIONS CHANGE DAILY:

MONDAYS - Mediterranean

(examples: lasagna, bolognese, mustard-tarragon salmon, spaghetti+meatballs, moussaka, paella.)

TUESDAYS - Asian

(examples: soy-ginger salmon, korean beef w/ pineapple, indian curry, thai coconut curry.)

WEDNESDAYS – Comfort Foods

(examples: chicken pot pies, chicken soup, roast pork loin, meat loaf, roast chicken, shepherd's pie.)

THURSDAYS - Mexican

(examples: enchiladas, fish tacos, chile rellenos, quesadillas, guacamole, black bean quinoa.)

FRIDAYS – Seasonal

(examples: seasonal, casseroles, bbq, dips, chips)

DINNERS

includes protein and two sides; call for specials or like us on instagram or facebook and accept notifications.

fish \$15.95; beef \$14.95; pork \$13.95;
chicken or meatloaf \$12.95; veggie \$11.95

DESSERTS

many other options available through catering!

double chocolate brownies...\$2.50

ridiculously fudgy double chocolate brownies.

quick bread...\$2.50

seasonal: apple, pumpkin, banana...

protein snacks...\$2.95 (gluten-free/vegan)

oats, coconut, chocolate drops, peanut butter, honey, raisins, walnuts, pecans, raisins.

jumbo chocolate chunk cookies...\$2.95