

the fresh feast

Pickup & Delivery Menu

Daily Menu

M-F 10-3

House

Sandwiches

**Sandwiches available 10AM-3PMa*

- Chicken Chipotle Panini...\$10.95
 - Meatball Parmesan...\$10.95
 - Banh Mi...\$10.95
 - Fried Chicken Sandwich w/ bacon...\$11.95
 - 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
- *all sandwiches include utz chips + pickle*

Salads/Deli

- Garden Salad...\$7.95 (GF/V)
- Caesar...\$8.95
- Cobb...\$10.95 (GF)
- Special Salad...\$10.95 (GF)
- Greens, arugula, peach, crispy prosciutto, goat cheese, pecans. Honey-ginger vinaigrette.
- Side Grilled Chicken...\$3.25

Soups

**Soups change daily, please visit Facebook or Instagram for selection.
During spring & summer we don't make soup as often, but you can always purchase soups from our freezer.

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

House Wraps

(white/wheat/spinach)

- Buffalo Chicken...\$9.95
 - Thanksgiving...\$9.95
 - Thai Chicken...\$8.95
 - Chicken Caesar...\$8.95
 - Veggie Wrap w/ hummus...\$8.95
- *all sandwiches include utz chips + pickle*

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
- Tazo Choc. Covered Nuts \$5.95 (great snack!)
- 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

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 Traditional 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**
*****Any sandwich can be made into a salad (add \$1)***

Freezer

- Chicken Verde Enchiladas 2LB...\$21.95
- Chicken Broccoli Ziti 2LB...\$21.95
- Eggplant Parmesan 2LB...\$18.95 (Tues-Fri)
- 4-cheese Lasagna 1/2 pan...\$49.95
- Meatball half pints...\$5.95
- Mac n Cheese 2LB...\$15.95 (Wed-Fri)
- Chicken Parm Family Pan...\$39.95 (Tues-Fri)
- GF Chicken Fingers...\$11.95 (6-pack)
- Chicken Fingers...\$10.95(6 pk)/\$20.95(12 pk)
- Chocolate PB Bread Pudding Slice...\$3.50
- Mashed potatoes, black bean quinoa, paella, eggplant stacks

Freezer Soups \$4.95-\$16.95

- Chicken Soup, Turkey Chili, Beef Stew, Red Pepper Bisque, Spicy Hungarian Vegetable, Clam Chowder, Chicken Soup.

Freezer Appetizers

- Spinach Artichoke Dip...\$9.95/dz.
- Mini Quiche Lorraine...\$16/dz.
- Mushroom Tartlets...\$15/dz.
- Spinach Feta Phyllo Triangles...\$18/dz.
- Crabcakes...\$28/dz.

***If placing your order via email, your order must be received by 10AM and if you do not get an e-mail confirmation please call us to confirm.**

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

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

Specials

8/16/21-8/20/21

MONDAY: Open 10-3

Dinners:

Chicken Chermoula | \$14.95 individual / \$59.95 family
Moroccan Chermoula herb marinated grilled chicken breast (cilantro, cumin, lemon, garlic, olive oil); served w/ lemon, saffron, dried fruit, chickpea couscous, grilled zucchini & squash, and harissa yogurt sauce.

A la carte:

Pesto Pasta Salad | \$7.95/pint
fresh cavatelli pasta, house nut-free pesto, grape and sundried tomatoes, spinach, parmesan, carrots.

Fried Squash Stacks | \$9.95/lb.

Fried zucchini and squash layered w/ fresh mozzarella, house nut-free pesto, basil, and roasted red pepper.

Tuscan Chicken Salad | \$14.95/lb.

Caprese Salad | \$7.95/pint grape tomatoes, basil, mozzarella

Sandwich:

Turkey Reuben | \$9.95

Organic brined turkey breast, house thousand island sauce, swiss cheese, coleslaw on marble rye, pressed.

TUESDAY: Open 10-3

Dinners:

Chili-Lime Salmon | GF | \$16.95 individual / \$69.95 family

Chili-Lime-Tamari-Honey glazed salmon w/ rice and vegetables.

Orange Chicken | GF | \$14.95 individual / \$59.95 family

Cubed and pan-fried organic chicken breast tossed with our house orange sauce; served w/ white rice and broccoli.

A La Carte:

Peanut Noodles | V | whole wheat pasta, peanut sauce, veggies. \$6.95/package

Sandwich:

Spicy Tuna Salad Wrap | \$9.95

Spicy albacore tuna salad, avocado, greens, cilantro, cucumber, red cabbage, peppers on a wrap.

WEDNESDAY: Open 10-3

Dinners:

BBQ Pulled Pork | GF | \$15.95 individual / \$64.95 family

Pulled pork, cole slaw, sweet potato, braised kale, and cornbread (cornbread is not gluten free, but it is packaged separately). *if ordering a gluten-free family meal, ask about our gluten-free dinner rolls.*

A la carte:

Macaroni & Cheese | \$15.95/2LB pan

BBQ Pulled Pork | GF | \$24.95/2LB pan

Potato Salad | VE/GF | \$7.95/pint baby potatoes, creamy dressing, celery.

Like us on Facebook/Instagram to see pop up specials

We will be closed for our summer break 8/21-9/12. This is our last menu before we close. We will reopen Monday, September 13th. Thank you for supporting our little local business!

THURSDAY: Open 10-3

Dinners:

Shrimp Burrito Bowl | GF | \$16.95 individual | \$69.95 family

Grilled shrimp, quinoa, black beans, corn, tomatoes, shredded cheese, jalapeno, watermelon radish, cilantro, lime, and jalapeno ranch dressing served over greens.

A la carte:

Guacamole | GF/V | \$7.95 | **Tortilla Chips** | \$2.95

Chicken Quesadillas | \$3.95/each

Dessert:

Chocolate filled churros | \$3 (2 pack)

FRIDAY: Open 10-3

Blood Orange Margarita Mixer | \$17.95 ea. | makes 4 drinks

Fresh Squeezed blood orange and lime juice, lightly sweetened with house simple syrup; served with lime and salt.

Blackberry Margarita Mixer | \$17.95 ea. | makes 4 drinks

Smashed blackberries, fresh squeezed lime juice, lightly sweetened with house simple syrup; lime & salt on side.

Buffalo Chicken Wings | GF | \$11.95

Fried organic chicken wings tossed with buffalo sauce, and served w/ ranch dressing, celery, and carrots.

Ahi Tuna Tacos | 2/\$11

Seared sesame crusted ahi tuna on a grilled flour tortilla w/ siracha aioli, slaw, cilantro, lime.

Chicken Taco Box |(serves 4-5) | \$44.95

Grilled chicken, shredded cheese, sour cream, pickled onions, chipotle aioli, pico de gallo, cilantro, limes, rojo sauce, flour tortillas, crunchy corn tortillas

*Add guacamole | \$7.95.

LIKE US ON FACEBOOK/INSTAGRAM TO SEE ADDITIONAL DAILY SPECIALS

*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.



*Please sign up for **Toast App** or go to our website to order online www.thefreshfeast.com
Or scan QR code to the left to pull up menu.

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