

the fresh feast

Pickup & Delivery Menu

Daily Menu

M-F 10-3

House Sandwiches

*Sandwiches available 10AM-3PMa

- Chicken Chipotle Panini** | \$10.95
organic marinated and grilled chicken | avocado | tomato | chipotle aioli | colby cheese | sliced ciabatta
- Meatball Parmesan** | \$10.95
house pork+beef meatballs | San Marzano marinara | sub roll | parmesan | provolone
- Banh Mi** | \$10.95
organic Asian bbq chicken | pickled vegetables | sriracha aioli | sub roll | mint | thai basil | cilantro | bell pepper | red cabbage
- Fried Chicken Sandwich** | \$12.95
organic fried chicken breast | pickles | bacon | cheddar | tomato | lettuce | remoulade | brioche roll
- Roast Beef & Onion** | \$10.95
grass-fed roast beef | pickled red onion | provolone | arugula | horseradish aioli | onion brioche roll
- Monte Cristo** | \$10.95
local smoked ham OR house organic turkey | baby spinach | swiss | maple-mustard aioli | fried egg | thick cut brioche | maple butter | powdered sugar
- Ham + Brie** | \$10.95
local smoked ham | brie | arugula | apple | sliced ciabatta | choice of honey mustard OR spicy jam
- B.L.T.A** | \$8.95 w/ turkey +\$2
applewood smoked bacon | nut-free pesto aioli | lettuce | tomato | thick sourdough | avocado
- MRP** | \$8.95 w/ chicken +\$2
fresh mozzarella | nut free pesto | spinach | roasted red pepper | ciabatta roll
- *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)
Greek salad w/ feta, cucumber, kalamata olives, grape tomatoes, yellow peppers, red onion and Greek vinaigrette.
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...

- 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)
Thanksgiving | \$9.95
organic house turkey | cranberry | croutons | mayo | apple | greens
- Thai Chicken** | \$9.95
organic grilled/marinated chicken | thai basil | cilantro | mint | bell pepper | carrot | red cabbage | cucumber | greens | **peanut** sauce on side
- Chicken Caesar** | \$9.95
organic grilled/marinated chicken | parmesan | house croutons | green leaf | parmesan | house Caesar on the side (contains fish).
- Veggie Wrap** | \$8.95
Cucumber | bell pepper | red cabbage | carrots | tomato | red onion | avocado | house hummus | spinach

*all sandwiches include utz chips + pickle

Kids Stuff

- Chicken Finger 6-Pack
Chicken Finger 12-Pack
Meatballs (pork/beef)
House Fish Sticks
Honey Mustard Sauce
*many items are on hand in our freezer

Snacks

- Brownie | \$2.95
Protein Snacks | \$3.25
Utz Chips | \$1.00
Tortilla Chips | \$2.95
Pita Chips | \$2.95
Peppadew Dip | \$5.95
Hummus | \$4.95
Banana CC Bread | \$3.25

Beverages

- RAW Juice | "Chill Pill"
pineapple | lemon | butterfly pea flower | chamomile | schisandra | ashwagandha | vanilla | vegan probiotic
- Atomic Coffee
nitro cold brew | 12 oz. can
Glass Bottle Coke
Glass Bottle Sprite
Glass Bottle Fanta
Ginger Beer
Blood Orange Soda
Perrier Sparkling Water
Everybody Water
Organic Black Iced Tea
- Pellegrino**
POM, Orange, Lemon
- Natalies**
Iced Tea Lemonade, lemonade
- Spindriffs**
Cucumber, Blackberry,
Pineapple, Razz-Lime

Traditional Sandwiches

(white/wheat/marble rye bread OR white/wheat/spinach wrap).

- Grass-Fed Roast Beef** | \$9.95
Organic Chicken Salad | \$9.95
Vermont Smoked Ham | \$9.95
Organic Turkey | \$9.95
Albacore Tuna Salad | \$8.95
Applewood Smoked BLT | \$7.95
Adult Grilled Cheese | \$8.95
Thick sour dough | 4-cheese | check out our add ons to make it your own!
Kids Grilled Cheese | \$5.95
½ Traditional Sandwich | \$3.95 (no chips)

*all sandwiches include utz chips + pickle and come with lettuce and tomato

*Additional free topping choices: aioli, mustard, cucumber, cranberry, pesto, tomato, onion, peppers, carrots

*add avocado or bacon \$1

*gluten free wrap add \$1/gluten free bread no charge because bread is smaller.

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

Freezer

- *all of our meats are organic/humanely raised
- Moroccan Couscous | \$7.95/LB
Meatball half pints | \$5.95
Mac n Cheese 2LB | \$15.95
Mac N Cheese 4LB | \$34.95
Chicken Verde Enchiladas 2LB | \$22.95
Chicken Broccoli Ziti 2LB...\$21.95
Chicken Broccolini Cavatelli 2LB...\$22.95
BBQ Pulled Chicken 2LB | \$22.95
GF Chicken Fingers | \$11.95 (6-pack)
Chicken Fingers | \$10.95(6 pk)/\$20.95(12 pk)
Chicken Pot Pies (individual) | \$11.95/ea.
Chicken Pot Pies (family) | \$64.95/ea.
GF Whoopee Pie | \$3.95/ea.

Couscous, mashed potatoes, black bean quinoa,
Fried Fish Fingers, Potatoes Dauphinoise

Freezer Soups \$4.95-\$16.95

Chicken & Vegetable, Veggie Chili, Sausage & Tortellini, Bacon Corn Chowder

Freezer Appetizers

- Mini Quiche Lorraine | \$16/10pk.
Mushroom Tartlets | \$15/10pk.
Spinach Feta Phyllo Triangles | \$18/10pk.
Scallops and Bacon | \$32/10pk.
Crab Cakes | \$28/ 10pk.

*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

10/18/21-10/22/21

MONDAY: 9-3

Dinners: pickup 12-3

Octoberfest Dinner | GF w/out rolls/pretzel

\$22.95 individual / \$99.95 family

Grilled bratwurst, bacon sauerkraut, sweet and sour red cabbage, spätzle mac n cheese, roll, pretzel, Bavarian mustard, cornichon, roasted brussels sprouts and baby carrots, and apple-cranberry streusel.

Shrimp Scampi | \$16.95 individual / \$74.95 family

Shrimp sauteed with garlic, butter, red pepper flakes, parmesan, wine, and parsley tossed with spaghetti.

A La Carte:

Eggplant Stacks | VE | fried eggplant layered with house nut-free pesto, roasted red pepper, and fresh mozzarella \$9.95/lb.

Potato Salad | VE | creamy fingerling potato salad \$8.95/lb.

Dessert:

Apple Crisp | VE | 1.5LB | apple crisp | \$14.95

TUESDAY: Open 9-3

Dinners: pickup 12-3

Sticky Asian Glazed Chicken | GF |

\$15.95 individual / \$69.95 family

Garlic, gluten-free soy, honey, brown sugar, ginger, canola, scallions, lime juice, sweet chili glazed organic brined and roasted chicken served w/ rice and veggies.

A La Carte:

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

WEDNESDAY: Open 9-3

Dinners: pickup 12-3

Maple-Mustard Salmon | GF | \$17.95 individual / \$79.95 family

Maple mustard glazed salmon served with pecan-craisin brown rice, roasted brussels sprouts, delicata squash, and green beans.

Steak & Potatoes | \$17.95 individual / \$79.95 family

Grass Fed Steak served with roasted fingerling potatoes, grilled zucchini and asparagus, and a side of horseradish cream sauce.

Dessert:

Jumbo Chocolate Chunk Cookies | \$3.50

Free Delivery for Family Meals to Cohasset, Scituate and Hull (up to A street). Orders must be placed at least a day ahead by emailing orders@thefreshfeast.com. Family dinners come with salad and rolls (or chef curated equivalent to rolls) and serve 4-5 people. (no substitutions)

THURSDAY: Open 9-3

Sandwiches, Salads, Freezer Meals, and Snacks today: no dinners.

A la carte:

Chicken Verde Enchilada Pans | GF | \$21.95/each

Organic chicken enchiladas in our fire roasted verde sauce. (corn tortillas, chicken, cheese, verde sauce).

**Add Black bean quinoa from our freezer for the perfect GF mate to this GF main!*

Epic Dry Rub Wings | GF | House dry rub BBQ wings baked - so yummy! \$11.95/LB

Soup:

Italian Wedding Soup | \$6.95/pint | \$12.95/Quart

House pork and beef meatballs, chicken stock, pearled couscous, spinach, tomatoes, herbs, spices.

Sandwich:

Buffalo Chicken Wrap | \$10.95

Fried organic chicken, buffalo sauce, ranch dressing, red cabbage, lettuce, shredded carrots on white or what wrap.

FRIDAY: Open 9-3

Dinners: pickup 12-3

Seafood & Chorizo Paella | GF |

\$17.95 individual / \$79.95 family

Rice, saffron, paprika, scallops, calamari, shrimp, mussels, chorizo, haddock, peas, tomatoes, parsley.

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.

Like us on Facebook/Instagram to see pop up specials

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