

the fresh feast

Pickup & Delivery Menu

Daily Menu

M-F 10-3

House Sandwiches

*Sandwiches available 10AM-3PM

- 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/ pita
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

- Chocolate Chip Banana Bread
Slice | \$2.95
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
- Spindriffs**
Cucumber, Blackberry, 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
 $\frac{1}{2}$ 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
Risotto | \$16.95 (Serves 4)
BBQ Pulled Chicken 2LB | \$22.95
Mac n Cheese 2LB | \$15.95
Chicken Quesadilla 2-pack | \$7.95
Paella Dinner | GF | \$16.95
Chicken Verde Enchiladas 2LB | \$22.95
Black Bean Quinoa (pint) | \$5.95
Teriyaki Salmon Family Dinner | \$69.95
Meatball half pints | \$5.95
Chicken Parm w/ Ziti for 4-5 | \$39.95
Chicken Broccoli Ziti 2LB | \$21.95
Eggplant Parmesan | \$17.95
Chicken Broccoli Ziti 8-10 | \$54.95
Pecan French Toast 2LB | \$19.95
GF Chicken Fingers | \$11.95 (6-pack)
Chicken Fingers | \$10.95(6 pk)/\$20.95(12 pk)
Chicken Pot Pies (individual) | \$11.95/ea.
GF Whoopee Pie | \$3.95/ea.
Turkey Gravy | \$10
Savory Herb Stuffing | \$18
Sweet Potato-Pecan Casserole | \$20

Freezer Soups \$4.95-\$16.95

Mexican Turkey Soup, chicken vegetable soup, cheddar broccoli soup

Freezer Appetizers

- Mini Quiche Lorraine | \$16/10 pk.
Mushroom Tartlets | \$16/10 pk.
Scallops and Bacon | \$32/10 pk.
Spanikopita | \$16/10 pk.
Crab Cakes | \$28/ 10 pk. (ask for sauce)
Beef Empanadas | \$20/10pk.

*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

11/15/21-11/19/21

MONDAY: Open 9-3

Dinners: pickup 12-3

Chicken Kabobs | GF | \$15.95 individual / \$69.95 family
Marinated organic grilled chicken breast served w/ herb rice, grilled vegetables, slow roasted tomato, hummus, and pita (pita not gf)

Haddock Piccata | \$17.95 individual / \$79.95 family
Pan seared haddock in a lemon-butter sauce w/ capers; served w/ herb rice, and green beans.

Ratatouille Pasta | V | \$13.95 individual
Slow roasted tomato and fire roasted red peppers pureed into an incredibly flavorful sauce, seasoned with fresh herbs, and tossed with roasted and grilled vegetables, and penne. Vegan!

A La Carte: **Eggplant Parmesan** | VE | \$18.95/2 LB pan.

Hot Soup of the Day:

Minestrone Soup | VE | \$5.95/pint | \$11.95/Quart
vegetable stock, tomatoes, carrots, celery, onion, garlic, herbs, pasta, beans, potatoes, kale, parmesan.

Sandwich: **BBQ Chicken Panini** | \$10.95
Pulled BBQ chicken breast on sliced ciabatta with sweet & spicy pickled slaw and Havarti cheese, pressed. Served w/ kettle chips.

TUESDAY: Open 9-3

Dinners: pickup 12-3

Beef & Broccoli | GF | \$16.95 individual / \$74.95 family
Grass fed beef in an Asian brown gravy sauce with broccoli vegetable medley and rice.

Orange Chicken | \$15.95 individual / \$69.95 family
Fried cubed organic chicken in a sweet & tangy house orange sauce with broccoli vegetable medley and rice.

Hot Soup of the Day:

Hungarian Mushroom | VE/GF | \$5.95/pint | \$11.95/Quart
Rich and creamy mushroom soup with herbed pan-fried mushrooms and a touch of paprika.

Sandwich: **Chicken Parmesan Sub** | \$10.95
Fried organic chicken cutlets topped with mozzarella and parmesan on a toasted sub roll. Served w/ kettle chips.

WEDNESDAY: Open 9-3

Dinners: pickup 12-3

Shepherd' s Pies | GF | \$12.95 individual / \$74.95 family
Braised grass-fed beef in a rich gravy w/ thyme, carrots, onions, parsnips, and peas; topped w/ mashed potatoes.

Roast Chicken | GF | \$15.95 individual / \$69.95 family
Brined, herb-roasted organic chicken, mashed potatoes, vegetables.

A La Carte:

Pesto Pasta Salad | VE | fresh cavatelli pasta w/ house nut-free pesto, parmesan, veggies, and spinach \$6.95/pint
Stuffed Portobello Mushrooms | VE | fresh bread crumbs, butter, garlic, parmesan, chopped spinach and artichokes \$6.95/each.

Hot Soup of the Day:

Chicken Soup | GF | \$6.95/pint | \$12.95/Quart
Organic chicken stock, organic chicken, carrots, celery, garlic, onions, parsley, salt, pepper.

Sandwich: **Pork Tenderloin Cubano** | \$11.95
Pork tenderloin, chimichurri, grainy mustard, pickles, swiss, ham on sub roll pressed. Served w/ kettle chips.

THURSDAY: Open 9-3

Dinners: pickup 12-3

Seafood Paella | GF | \$17.95 individual / \$79.95 family
Seasoned saffron rice with calamari, mussels, haddock, shrimp, roasted red peppers, peas, and chorizo. Lemon garnish.

A la carte:

Chicken Verde OR Rojo Enchilada Pans | GF | \$21.95/each
Organic chicken enchiladas in our fire roasted verde or smoky rojo sauce. (corn tortillas, chicken, cheese, verde sauce). *Add Black bean quinoa from our freezer for the perfect GF side for this GF main!
Chicken Quesadillas | \$3.95/each
House Tortilla | GF | \$2.95/each

Hot Soup of the Day:

Vegetable Chili | V/GF | \$6.95/pint | \$12.95/Quart
roasted butternut squash, smoky rojo sauce, vegetable stock, corn, zucchini, peppers, onions, garlic, cilantro, jalapenos, beans.

Sandwich: **Chipotle Tuna Melt** | \$9.95
tuna salad w/ chipotle in adobo, avocado, tomato, and cheddar pressed on ciabatta.

FRIDAY: Open 9-3

Hot Soup of the Day:

Sweet Potato Bisque | V/GF | \$6.95/pint | \$12.95/Quart
This is a GREAT soup for Thanksgiving! Grab a few quarts to pop in your freezer and transfer to a crock pot on Thanksgiving for an easy warm-you-up appetizer as your guests come in from the cold! Roasted sweet potato, maple, cinnamon, nutmeg, coconut milk, vegetable stock. Vegan!

A La Carte:

Quiche | \$21.95 asparagus-gruyere; jalapeno-bacon. Goat cheese-slow roasted tomato-spinach; spinach-feta. (serves 8)
Chocolate Chip Banana Bread | \$2.95/slice \$12.95

Thanksgiving Extras We know our customers have enjoyed ordering a la carte Thanksgiving items from us over the years but this year we moved towards packaged dinners. We made up some of our famous stuffing and gravy for the freezer, starting this week you can buy them from our freezer to have on hand for T-Day. We will post any additional extras for Thanksgiving as the date draws closer.

Stock Up We will be working on our Thanksgiving menu next week (11/20-11/24) so we will not have prepared foods or sandwiches in production. We will be open and we have stocked up our freezer so that we have dinner options available for you. We may make some grab and go sandwiches, but we will post on Facebook/Instagram and our online Toast menu what extras we have available.

*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 ADDITIONAL DAILY SPECIALS AND UPDATES

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