

# the fresh feast

Pickup & Delivery Menu

## Daily Menu

**M-F 10-3**

### House Sandwiches

\*Sandwiches available 11AM-3PM Mon-Wed

- Chicken Chipotle Panini** | \$10.95  
organic marinated and grilled chicken | avocado | tomato | chipotle aioli | colby cheese | sliced ciabatta
- Meatball Parmesan** | \$10.95  
house ABF 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
- 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** | \$9.95 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

### Salads/Deli

- Garden Salad...\$7.95 (GF/V)  
Caesar...\$8.95  
Cobb...\$10.95 (GF)  
Special Salad...\$10.95 (GF)  
greens, spinach, apple, raisins, goat cheese, walnuts, and house champagne-honey vinaigrette.
- Side Grilled Chicken *Organic* ...\$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, Vermont Smoked Ham, Organic in-house Turkey, Swiss Cheese, Provolone, Cheddar, Colby Jack,  
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 (vegan)
- \*all sandwiches include utz chips

### Kids Stuff

- Organic* Chicken Finger 6-Pk.  
*Organic* Chicken Finger 12-Pk.  
ABF Meatballs (pork/beef)  
House Honey Mustard Sauce  
\*many additional items on hand in our freezer

### Snacks

- Brownie | \$2.95  
Protein Snacks | \$3.25  
Utz Chips | \$1.00  
Tortilla Chips | \$2.95  
Hummus | \$4.95

### Beverages

- RAW JUICES
- The Cleanup | Fulvic minerals | lemon | lavender oil | coconut nectar | vegan probiotics  
Sun Worship | Tangerine | mango | turmeric | golden berry | mandarin oil | vegan probiotics
- Atomic Coffee  
nitro cold brew | 12 oz. can  
Glass Bottle Coke  
Glass Bottle Sprite  
Glass Bottle Fanta  
Ginger Ale  
Blood Orange Soda  
Perrier Sparkling Water  
Everybody Water

Pellegrino  
POM

Spindrifts

Cucumber, blackberry, Razz-Lime

### Traditional Sandwiches

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

- 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
- \*all sandwiches include utz chips + 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

- Mac n Cheese 2LB | \$15.95  
Chicken Rojo Enchiladas 2LB | \$22.95  
Meatball half pints | \$5.95  
Chicken Parm w/ Ziti for 4-5 | \$39.95  
Chicken Broccoli Ziti 2LB | \$21.95  
Eggplant Parmesan | \$17.95  
Meat Lasagna 2LB | \$22.95  
Cheese Lasagna 2LB | \$20.95  
Pecan French Toast 2LB | \$19.95  
GF Chicken Fingers | \$11.95 (6-pack)  
GF Whoopee Pie | \$3.95/ea.  
Cherry Crisp 2LB | \$20.95  
GF Flourless Chocolate Cake 8" | \$28  
Turkey Gravy | \$10

### Freezer Soups \$4.95-\$16.95

Bacon lentil | Beef chili

### Freezer Appetizers

- Mini Quiche Lorraine | \$16/10 pk.  
Mushroom Tartlets | \$16/10 pk.  
Spanikopita | \$16/10 pk.  
Crab Cakes | \$28/ 10 pk. (ask for sauce)

\*If placing your order via email, your order must be received by 10AM to [orders@thefreshfeast.com](mailto:orders@thefreshfeast.com) and if you do not get an e-mail confirmation by 11AM please call us to confirm.

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

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

# Specials

11/10/22-1/12/22

## MONDAY: Open 11-3 for online preorders

Dinners: pickup 12-3

**Pan Seared Lemon Chicken** | GF | \$15.95 individual / \$64.95 family  
Pan seared organic lemon marinated and seared chicken breast served with herb rice and a vegetable medley of grilled zucchini and haricot verts.

A la carte:

**Eggplant Stacks** | VE | \$6.95/each

Fried panko crusted eggplant layered with house nut-free pesto, fresh spinach, roasted red pepper, and fresh mozzarella.

Hot Soup of the Day:

**Roasted Red Pepper and Tomato Bisque** | V/GF | \$5.95/pint | \$11.95/Quart

Fire-roasted red pepper, slow roasted tomato, thyme, garlic, basil, vegetable stock pureed into a silky-smooth bisque. (add parmesan at no charge, just indicate in notes when ordering).

Sandwich: **Epic Grilled Cheese** | \$9.95

4-cheese on sliced ciabatta with bacon (add tomato, spinach, fig or spicy jam, or onion at no extra charge, just indicate additional in notes when ordering).

## TUESDAY: Open 11-3 for online preorders

Dinners: pickup 12-3

**Teriyaki Salmon** | \$17.95 individual / \$79.95 family

Sustainable, fresh, local Atlantic salmon from Mullaneys in Scituate; marinated and roasted salmon served w/ rice and vegetable medley.

A la carte:

**Peanut Noodles** | V | \$6.95/each

wheat noodles, spicy peanut sauce, veggies (serve cold or heat up)

Hot Soup of the Day:

**Thai Vegetable Soup** | V/GF | \$5.95/pint | \$11.95/Quart

Assortment of vegetables, coconut milk, thai curry paste, lime, ginger, lemongrass, cilantro, vegetable stock.

Sandwich: **Spicy Tuna Salad Wrap** | \$9.95

Spicy sustainable white albacore tuna salad wrap with cilantro, red cabbage, greens, carrots, and avocado on your choice of white, wheat, or spinach wrap.

## WEDNESDAY: Open 11-3 for online preorders

Dinners: pickup 12-3

**Chicken Pot Pies** | \$11.95 individual / \$64.95 family (serves 5-6)

organic roast chicken, house chicken gravy, thyme, garlic, peas, carrots, celery, onions.

A La Carte:

**Macaroni & Cheese** | VE | house cheese sauce with elbows topped with colby and mozzarella cheese \$15.95/2LB pan

Hot Soup of the Day:

**Chicken Soup** | GF | \$6.95/pint | \$12.95/Quart

Overnight rich organic chicken stock, carrots, onion, celery, garlic, herbs, salt, pepper.

Sandwich: **Roast Beef & Onion** | \$10.95

Rare grass-fed organic herb-crusting roast beef, house horseradish cream sauce, pickled onion, arugula, and provolone on a toasted onion brioche roll.

**\*V=VEGAN VE=VEGETARIAN GF=GLUTEN FREE**

**\*FAMILY STYLE: COMES WITH ROLLS AND A SALAD**

**Update** Due to the rapid spread of Omicron and

limited staffing we are adjusting hours and protocols for **January**. We will keep you updated as we make changes to our policy and deeply apologize for any inconvenience this presents. We are committed to serving our customers and we are doing everything we can to assure our staff stays healthy so we can continue to serve you safely.

**SHOP HOURS FOR JANUARY:** Monday-Friday 11AM-3PM (online preorders only). We are not opening our front end or allowing walk-ins until there is a better handle on the spread of Omicron.

**CATERING:** email info@thefreshfeast.com for available options

**DELIVERIES:** Free delivery is available between 4PM-5PM for family dinners to Cohasset and Scituate; you can add on sandwiches, freezer casseroles, salads, and deli items to your family dinner order and stock up to limit having to go to the store. Free delivery only applies to family size dinners and are only available Monday-Friday to Scituate or Cohasset. If you would like delivery of other items like freezer casseroles etc... please call the shop to coordinate (minimum purchase \$50 plus \$15-\$25 delivery charge for non-family meal orders).

**OTHER** please let us know if we can procure anything additionally with our deliveries to help limit having to go to the grocery store; we will try to add popular items to our menu for your convenience.

\*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](http://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**

**\*ANY ADDITIONAL SPECIALS WILL BE POSTED ON FACEBOOK/INSTAGRAM**

\*If placing your order via email, your order must be received by 10AM to [orders@thefreshfeast.com](mailto:orders@thefreshfeast.com) and if you do not get an e-mail confirmation by 11AM please call us to confirm.

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