

the fresh feast

Pickup & Delivery Menu

Daily Menu

M-F 10-3

*All of our meats are organic, humanely raised, and sustainable; our fish is sourced locally from Mullaney's out of Scituate Harbor.

House Sandwiches

*Sandwiches available 10AM-3PM M-TH
All sandwiches include house pickle and Utz chips

- Fried Chicken Sandwich** | \$13.95
organic fried chicken breast | pickles | bacon | cheddar | tomato | lettuce | remoulade | brioche roll
- Meatball Parmesan** | \$11.95
house ABF pork+beef meatballs | San Marzano marinara | sub roll | parmesan | provolone
- Banh Mi** | \$11.95
organic Asian bbq chicken | pickled vegetables | sriracha aioli | sub roll | mint | thai basil | cilantro | bell pepper | red cabbage
- Chicken Chipotle Panini** | \$10.95
organic marinated and grilled chicken | avocado | tomato | chipotle aioli | colby cheese | sliced ciabatta
- 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** | \$9.95 w/ chicken +\$2
fresh mozzarella | nut free pesto | spinach | roasted red pepper | ciabatta roll

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** | \$9.95
Cucumber | bell pepper | red cabbage | carrots | tomato | red onion | avocado | house hummus | spinach (vegan)

Traditional Sandwiches

*all traditional sandwiches come with lettuce and tomato
(white/wheat/marble rye bread OR white/wheat/spinach wrap).

- Organic Chicken Salad** | \$9.95
- Vermont Smoked Ham** | \$9.95
- Organic Turkey** | \$9.95
- Grass-Fed Roast Beef** | \$9.95
- Albacore Tuna Salad** | \$8.95
- Applewood Smoked BLT** | \$8.95
- Epic Grilled Cheese** | \$8.95
Thick sour dough | 4-cheese | check out our add ons!
- Kids Grilled Cheese** | \$6.95

*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)

Kids Stuff

- organic Chicken Finger 6-Pk. | \$9.95
organic Chicken Finger 12-Pk | \$18.95
ABF Meatballs ½ pint | \$11.95/lb.
House Honey Mustard Sauce
*many additional items on hand in our freezer

Snacks

- Brownie | \$2.95
Protein Snacks | \$3.25
Utz Chips | \$1.25
Tortilla Chips | \$2.95

Beverages

- RAW JUICES (bottled)
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
Organic Black Iced Tea
Glass Bottle Coke
Glass Bottle Sprite
Glass Bottle Fanta
Ginger Ale
Blood Orange Soda
Perrier Sparkling Water
Everybody Water

Pellegrino

Orange, lemon

Spindriffs

Cucumber, blackberry, Razz-Lime

Salads/Deli

- Garden Salad...\$8.95 (GF/V)
Caesar...\$8.95
Cobb...\$10.95 (GF)
Special...\$10.95
Side Grilled Chicken organic...\$3.50

By weight...

- Albacore Tuna Salad, Organic Chicken Salad, Vermont Smoked Ham, Organic in-house Turkey, Swiss Cheese, Provolone, Cheddar, Colby Jack, In-House Deli Meats \$13.95-\$15.95/LB
Cheese \$7.95-\$9.95/LB

Soups

*Soups change daily, please visit Facebook/Instagram for selection.

Pints: \$4.95-\$8.95
Quarts: \$9.95-\$16.95

Freezer

*See Toast for up-to-date items in freezer

- Mac n Cheese 2LB | \$15.95
Mac n Cheese 4LB | \$34.95
Mac n Cheese 6LB | \$44.95
BBQ Pulled Chicken 2LB | \$24.95
BBQ Pulled Pork 2LB | \$24.95
Chicken Verde Enchiladas 2LB | \$22.95
Chicken Rojo Enchiladas 2LB | \$22.95
Mexican Lasagna 2LB | \$18.95
Chicken Parm w/ Ziti serves 4 | \$39.95
Chicken Broccoli Ziti 2LB | \$21.95
Pasta Primavera 2LB | \$19.95
Braised Beef Empanadas | \$20.00
Eggplant Parmesan | \$18.95
Meat Lasagna 2LB | \$22.95
Cheese Lasagna 2LB | \$19.95
Pecan French Toast 2LB | \$19.95
Chicken Fingers | \$18.95 (12-pack)
GF Chicken Fingers | \$11.95 (6-pack)
Chicken Pot Pies (individual) | \$11.95
Meatballs ½ pint | \$5.95
Bacon-Cheddar Frittata | \$24
Roasted Baby Vegetables | \$18/\$36
Rice Pilaf | \$7.95/LB
Cherry Crisp 1.5LB | \$16
GF Whoopie Pies | \$4.95/each

Freezer Soups \$4.95-\$16.95

- Chorizo-Potato Soup | Irish Corned Beef & Cabbage | Parsnip Bisque (vegan) | Chicken Vegetable Soup | Turkey Chili | Chicken & Tortellini Soup | Wild Mushroom Ramen (vegan)

Freezer Appetizers

- Mini Quiche Lorraine | \$16/10 pk.
Mushroom Tartlets | \$16/10 pk.
Buffalo Chicken Dip 1LB | \$11.95
Spinach Artichoke Dip 1LB | \$9.95
Braise Beef Empanadas | \$20

Check out our daily deli case specials like sides, entrees, and more by visiting us on facebook/Instagram or by viewing our online ordering through Toast.

*Please order online using Toast <https://www.toasttab.com/the-fresh-feast-105-ripley-road>

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.