

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...\$10.95
 - 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
 - Moroccan Veggie...\$8.95 (vegan)
- *all sandwiches include utz chips + pickle

Salads/Deli

- Garden Salad...\$7.95 (GF)
- Caesar...\$8.95
- Cobb...\$10.95 (GF)
- Special...\$10.95 (GF)
- baby greens, figs, goat cheese, walnuts, balsamic 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
- Choc. Covered Nuts \$5.95
- 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

Freezer

- Chicken Parm w/ Ziti (serves 4-6)...\$39.95
- Chicken Pot Pies...\$11.95 (last batch until fall)
- Meat Lasagna 2LB...\$18.95
- Chicken Broccoli Ziti 2LB...\$20.95
- Chicken Enchiladas Verde...\$19.95
- Vegetarian Enchiladas Rojo...\$17.95
- Mexican Lasagna...\$17.95
- Eggplant Parmesan 2LB...\$17.95
- Meatballs (1/2 pint)...\$5.95
- Mac n Cheese...\$15.95
- GF Chicken Fingers...\$12.95 (6-pack)
- Chicken Fingers...\$10.95/\$20.95
- Spinach Artichoke Dip...\$9.95
- Buffalo Chicken Dip...\$10.95
- Apple Crisp 2LB...\$14.95
- Cherry Crisp 1.5LB...\$14.95
- GF Whoopie Pies \$3.95/each
- Mashed potatoes, black bean quinoa.

Freezer Soups \$4.95-\$16.95

Ham & Lentil, Clam Chowder, Moroccan Tagine (V), Spicy Hungarian Vegetable (V), Turkey Tortilla, Chicken & Chorizo

*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

4/12/21-4/16/21

MONDAY: Open 10-3 (48 cloudy)

Dinners:

Lemon Chicken Plate | GF | \$15.95 individual /\$64.95 family
Organic lemon marinated grilled chicken, feta-sundried tomato couscous, and grilled vegetables served w/ hummus, Tzatziki, and pita.

Delicatta Squash Lasagna | \$12.95 individual/\$49.95

Fresh pasta sheets, roasted delicatta, sauteed kale, fresh spinach, ricotta, parmesan, mozzarella, and provolone layered with a parmesan cheese sauce.

A la carte:

Eggplant Stacks | VE | \$9.95 per pound (1-2 per pound)

Soup:

Cheddar Broccoli Soup | VE | chicken stock, broccoli, cheddar, milk, butter, flour.

Dessert:

Tiramisu | GF | Tiramisu with almond flour \$3.95

Sandwich: Eggplant Parm | fried eggplant topped with house marinara on a sesame bun with provolone.

TUESDAY: Open 10-3 (50 cloudy)

Dinners:

Ahi Tuna Bowl | GF | \$15.95 individual /\$64.95 family

Sesame crusted ahi tuna, edamame, rice, siracha aioli, red cabbage, radish, cucumber, carrots, cilantro, tamari.

Mango Chicken Curry | GF | \$14.95 individual/\$59.95 family

Organic mango coconut curry w/ organic chicken; served w/ basmati rice, vegetable medley, & naan

A la carte:

Peanut Noodles | V | \$6.95/ 12 oz container

Wonton Soup | V | vegetable stock, dinosaur kale, garlic, miso, mushrooms, veggie wontons, tamari, ginger, scallions.

Dessert:

Lemon Squares | VE | 2 for \$3.50

WEDNESDAY: Open 10-3 (52 intermittent clouds)

Dinners:

Maple-Pecan Salmon | GF | \$16.95 individual /\$69.95 family

Maple and pecan crusted salmon w/ raisin-orange rice, and haricot verts.

Maple-Bourbon Ham | \$15.95 individual /\$64.95 family

Thick cut spiral roast ham w/ maple-pecan-bourbon glaze served w/ macaroni & cheese, and green beans.

Soup:

Guinness Beef Stew | \$8.95/pint: \$16.95/quart

Braised grass-fed beef, carrots, parsnips, peas, celery, parsley, garlic, Guinness, thyme.

Sandwich: Tuna Melt | Our house lemon-pepper tuna salad, cheddar cheese, onions, and tomato pressed on marble rye.

*Order 2 or more family meals in a week and get free delivery on each to Cohasset, Scituate, or Hingham.

*Family meals serve 4-5 people & include salad and rolls. Orders must be placed at same time.

No substitutions, family meal dinner specials M-Th only

*VE (vegetarian) V (vegan), GF (gluten-free), DF (dairy-free), N (contains nuts)

*Dinners Ready After 12PM each day

THURSDAY: Open 10-3 (53 showers)

Dinners:

Shrimp Burrito Bowl | GF | \$15.95 individual | \$64.95 family

Grilled chipotle shrimp, greens, corn, black beans, quinoa, cheese, tomatoes, jalapeno, cilantro, roasted sweet potato, and jalapeno ranch.

A la carte:

Guacamole | \$7.95 | **Tortilla Chips** | \$2.95

Chicken Verde Pan | GF | \$19.95

BBQ Pulled Chicken Quesadillas | VE | \$3.95/each

Sandwich: Roast Beef Special | Our house grass fed beef cooked rare, tomato, fresh spinach, basil, red onion, provolone, w/ a sundried tomato cheese spread on a toasted herb focaccia roll.

FRIDAY: Open 10-3 (50 showers)

STOCK UP FOR THE WEEKEND!!!

Scallop and Bacon Taco | 2 for \$12

Seared scallops, bacon, grilled corn, jalapeno-avocado crema, pickled onion, cilantro, lime on a grilled flour tortilla.

Pineapple-Jalapeno Margarita Mixer | \$18.95 (makes 4 drinks)

Just add tequila! Mixer includes fresh squeezed lime juice, pineapple juice, and house jalapeno simple syrup. Served up in a mason jar w/ lime, salt, and pineapple for garnish.

Taco Kit |(10 tacos) | **Chicken** \$44.95 *GF available

Kit includes grilled organic chicken, house smoky rojo sauce, cilantro, jalapenos, chipotle aioli, lime, sour cream, pico de gallo, pickled onion, shredded cheese.

*Add guacamole | \$7.95.

Sandwich: Spinach-Artichoke Panini | artichokes, fresh mozzarella, roasted garlic aioli, fresh spinach; served on a square parmesan ciabatta roll, pressed.

Weekend Casseroles from our Freezer

Spinach artichoke dip, meat lasagna, pecan French toast, mac n cheese, chicken parm and pasta pans, eggplant parmesan, cherry crisps, apple crisp, soups, GF organic chicken fingers.

Weekend Salads from our Deli

Chicken, tuna, garden, special, cobb, Caesar.

*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.

*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.

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