

the fresh feast

Pickup & Delivery Menu

Daily Menu

M-F 10-3

House Sandwiches

**Sandwiches available 10AM-3PMa*

- Chicken Chipotle Panini...\$10.95
 - BBQ Chicken 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
- *all sandwiches include utz chips + pickle*

Salads/Deli

- Garden Salad...\$7.95 (GF)
- Caesar...\$8.95
- Cobb...\$10.95 (GF)
- Special...\$10.95 (GF)
- Greek Salad w/ quinoa and pita.
- 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)
- 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
- Tazo Choc. Covered Nuts \$5.95 (great snack!)
- 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
- ½ 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
***Any sandwich can be made into a salad (add \$1)*

Freezer

- Chicken Parm w/ Ziti (serves 4-6)...\$39.95
- Chicken Broccoli Ziti 2LB...\$21.95
- Meat Lasagna 2LB...\$20.95
- Eggplant Parmesan 2LB...\$17.95
- Meatball half pints...\$5.95
- BBQ Pulled Chicken 2LB...\$22.95
- GF Chicken Fingers...\$12.95 (6-pack)
- Chicken Fingers...\$10.95/\$20.95
- Chicken Enchiladas Verde...\$21.95
- Vegetarian Enchiladas Rojo...\$17.95
- Quesadillas \$3.95/ea (veggie)
- Spinach Artichoke Dip...\$9.95
- Buffalo Chicken Dip...\$10.95
- Apple Crisp 2LB...\$14.95
- Cherry Crisp 1.5LB...\$14.95 (2LB \$20)
- Pecan French Toast Bakes 2LB...\$16.95
- GF Whoopie Pies \$3.95/each
- GF/DF Cupcakes \$5.95/2-pack
- Mashed potatoes, black bean quinoa.

Freezer Soups \$4.95-\$16.95

- Ham and Lentil, Spicy Hungarian Vegetable, Turkey
- Tortilla Soup, Broccoli Cheddar, Beef Stew (not GF),
- Roasted Red Pepper Tomato Bisque, Curried Pumpkin Bisque, Chicken Soup

***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

5/03/21-5/07/21

MONDAY: Open 10-3

Dinners:

Moroccan Lamb Tenderloin | \$19.95 individual/\$79.95 family
Chermoula-marinated roasted lamb tenderloin, grilled vegetables, Moroccan style couscous, roasted harissa carrots, mint yogurt sauce, and pita.

Mushroom Ravioli | VE | \$13.95 individual/\$54.95 family
Wild mushroom ravioli in a sage-butter sauce, w/ sauteed mushrooms and parmesan over fresh arugula.

Stuffed Chicken Breast | GF | \$15.95 individual/\$64.95 family
Ham & cheese stuffed and seared chicken breast, herbed rice, green beans and squash.

A la carte:

Lemon Orzo Salad | VE | orzo, asparagus, sundried tomatoes, feta, spinach, grape tomatoes.

Curry Chicken Salad | GF | organic chicken, curry, turmeric, grapes, cilantro, mayo.

Dessert:

Strawberry Shortcake Trifles | strawberries, golden cake, whipped cream. \$3.50

Sandwich: Roast Beef & Pimento | Rare roast beef with sundried tomato pimento cheese spread, fresh spinach, greens, tomato, on a toasted herb focaccia roll. \$9.95

TUESDAY: Open 10-3

Dinners:

Teriyaki Salmon | DF | \$16.95 individual /\$69.95 family
Teriyaki salmon, rice, and vegetable medley.

A la carte:

Peanut Noodles | V | \$6.95/ 12 oz container wheat noodles, peanut sauce, veggies.

Soup: Chicken Soup | GF | organic chicken, chicken stock, garlic, cilantro, scallions, sesame, mild spice, cumin, ginger w/ rice noodles and veggies.

Sandwich:

Spinach Artichoke Panini | Marinated artichokes, fresh spinach, garlic aioli, parmesan cheese, fresh mozzarella on a parmesan focaccia roll, pressed. \$8.95

WEDNESDAY: Open 10-3

CINCO DE MAYO PREORDERS (deadline 5/02)

Pickups are from 3PM-5PM at our service window on our front deck. If you missed out on preorders, ask about items for sale in our freezer like enchiladas and quesadillas.

*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 but can be delivered on different days.

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

Dinners:

Argentine Steak | GF/VE | \$16.95 individual | \$69.95 family
Grilled grass-fed steak, grilled vegetables, roasted baby potatoes, and chimichurri sauce.

A la carte:

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

FRIDAY: Open 10-3

BBQ Chicken Dinner Box |(serves 4-5) |\$64.95
Brined and marinated organic bbq-basted chicken, Roasted sweet potato wedges, grilled corn, sauteed kale, and cornbread.

Soup: Sweet Potato, Kale & Chorizo | chorizo sausage, sweet potatoes, chicken stock, kale.

Dessert:

Apple or Cherry Crisp |VE| from our freezer, heats up in under 30 minutes and is divine w/ vanilla ice cream!

Sandwich:

Turkey Reuben | organic brined and roasted turkey, swiss, slaw, and thousand-island on marble rye, pressed.

Weekend Casseroles from our Freezer

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

*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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