

HORS D'OEUVRES

Prices are per dozen – Minimum order 2 dozen

Lobster Salad Canape | *market price*

poached local lobster, aioli, parsley, and celery; served on a brioche toast with microgreen garnish.

Filet Mignon Toast | \$42; Lollipops (GF) | \$36

grass fed filet mignon, horseradish cream, pickled onion, micro green garnish; served on toasted brioche.

Ahi Tuna Crisp (GF) | \$39

seared ahi tuna w/ sesame crust, siracha aioli, and micro greens; served on sesame rice crisp.

Crabcakes | \$36; GF Version | \$42

lump Maryland crabmeat, panko bread crumbs, old bay, mustard, aioli, bell pepper, butter, parsley, eggs; served w/ house remoulade.

Shrimp & Chorizo Skewers (GF) | \$36

grilled shrimp and spicy chorizo; served w/ house chimichurri sauce.

Smoked Salmon on Rye | \$30; on Cucumber (GF)

smoked salmon with herb chevre on rye or cucumber round w/ pickled onion and dill garnish

Ceviche Shooters (GF) | \$36

Mahi Mahi citrus-chili ceviche served in shot glasses with our house corn chips.

Chicken Satay Skewers | \$26

Bell and Evan's organic chicken (GF); served w/ spicy peanut (not GF) or sweet chili sauce (GF)

Cicchetti | \$22

grilled ciabatta topped w/ slow roasted tomato, house nut-free pesto, fresh mozzarella, and chopped basil

Grilled Vegetable Skewers (GF) | \$24

eggplant, grape tomato, zucchini, yellow squash w/ fresh spinach leaf garnish; served w/ smoky paprika aioli

Mini Flatbread | \$18

choose from fig and brie or spicy pepper jam and goat cheese; topped w/ arugula. Other varieties available.

Stuffed Mushrooms | \$15; GF Version | \$18

stuffed w/ fresh breadcrumbs, cheese, and herbs.

Add Sausage +\$2

**for more app options or customized catering please email julia@thefreshfeast.com*

ADDITIONAL SERVICES:

Event Catering Menus individually designed for each customer

SERVICE LEVELS:

Level 1: PICKUPS...FREE

Level 2: DELIVERY

(based on availability)

1-2 miles | \$15

3-5 miles | \$25

6-12 miles | \$50

Level 3: DELIVERY & SETUP

(25+ guest events based on availability)

Includes delivery within 5 miles of our shop, food setup and display, food menu signs w/ allergens, table garnish.....\$75

Level 4: FULLY STAFFED EVENT

(25+ guest events based on availability)

Our staff is comprised of polished professionals who assist with a variety of tasks from preparing food, passing hors d'oeuvres, greeting guests, to setting up before and tidying up after your event.

Chef | \$60/hour

Bartender | \$40/hour

Server | \$30/hour

**4-hour minimum per staff member*

EVENT & CORPORATE CATERING MENUS:

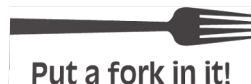
Our casual menu is only a snap-shot of our catering; we customize menus that tailor to you and your event.

RENTALS:

We are happy to assist with coordinating rentals for events we cater. Please let us know if you would like assistance with rentals when planning your event with a member of our catering team.

PAYMENT:

All orders must be paid in full at least 7 days prior to the date of your event. Larger events require a 20% non-refundable deposit to secure the date. A modest gratuity is applied to staffed events on your quote, anything additional can be given directly to your server.



CASUAL CATERING MENU

The fresh feast

Local, Homemade, Delicious

SPRING-SUMMER

(April-August)

**Catering Available 7 days a week; based on availability with a minimum of one week's notice*

105 Ripley Road
Cohasset, MA 02025

(781) 383-2255

To Place and Order, please email your request to:

info@thefreshfeast.com
www.thefreshfeast.com



Before placing your order, please inform us if a person in your party has a food allergy.

**A 3.9958% product service charge will be added to your order; this charge goes toward providing health insurance to our employees.*

***we offer a 3% discount if you choose to pay by cash or check.*

SALADS

served with our house dressings

Spring Garden (GF/Vegan) | watermelon radish, yellow bell pepper, carrots, English cucumber, grape tomatoes, and other veggies when in season served w/ balsamic vinaigrette

Caesar | parmesan, house croutons, green leaf, lemon and house Caesar dressing (*contains anchovy*)

Thai (Vegan) | mixed greens, shredded carrots, shredded red cabbage, edamame, peanuts, mint, cilantro, basil, cucumber, red bell peppers; served w/ peanut dressing

80 oz. (8-10) | \$20 (*garden + Caesar only)
112 oz. (10-15) | \$28 **160 oz. (15-20)** | \$36
240 oz. (20-30) | \$58 **320 oz. (30-40)** | \$78

Strawberry-Pecan (GF) | strawberries, toasted pecans, goat cheese, organic greens, balsamic-poppy vinaigrette

Blueberry-Peach-Almond (GF) | blueberries, peaches, sliced almonds, feta, organic greens, ginger-honey vinaigrette

Southwest (GF) | grilled corn, grape tomatoes, cucumbers, sweet potatoes, black beans, avocados, green leaf and baby greens, pumpkin seeds, and jalapeno ranch dressing (*240 oz or 320 oz. sizes only)

Greek (GF) | kalamata olives, yellow bell peppers, English cucumber, feta, red onion garnish and Greek vinaigrette

112 oz. (10-15) | \$32 **160 oz. (15-20)** | \$40
240 oz. (20-30) | \$65 **320 oz. (30-40)** | \$85

SIDE SALADS

5 LB minimum each type | \$9-\$12/lb.

Thai peanut noodles; spinach feta orzo; Mediterranean couscous; grilled veggie pesto pasta salad (nut-free); potato salad; lemon-veggie quinoa; turmeric-cranberry-pecan Israeli couscous; honey-citrus farro salad w/ kale; craisins; and sweet potato; rosemary-garlic sweet potato

FRUIT

Fruit Platter 8-10/15-20/20-30

Sliced Fruit Platter | \$30/\$50/\$70

Assortment of sliced fruits, berries, and grapes artfully arranged on a platter. Fruit is selected based on season and quality

PLATTERS

all platters are beautifully garnished and ready-to-serve at room temp; some items can be prepared in a ready-to-heat pan for warming

Beef Tenderloin (GF) | **6-8** \$90 | **8-12** \$135 | **10-15** \$180
Herb crusted beef tenderloin cooked medium rare, sliced thin and arranged on a platter w/ horseradish sauce
**add a dozen fresh baked onion brioche slider rolls \$10*

Poached Salmon (GF) | **6-8** \$60 | **10-15** \$115
White wine poached organic nova scotia salmon garnished with thinly sliced cucumber and served w/ lemon-dill aioli

Heirloom Caprese (GF) | **10-15** \$35 | **15-20** \$50
Heirloom tomatoes layered in a spiral pattern with slices of fresh mozzarella and garden basil; drizzled w/ olive oil and served w/ balsamic glaze

FROM THE GRILL

Grass-Fed Beef (GF) | **8-10** \$75 | **10-15** \$100 |
15-20 \$125 | **20-30** \$175

Grilled grass-fed beef cooked medium to medium-rare and sliced; served w/ chimichurri or horseradish sauce

Shrimp (GF) | **6-8** \$55 | **10-15** \$105
16/20 size served w/ chipotle aioli

Swordfish Kabobs (GF) | **8-10** \$54
Mullaney's swordfish kabobs and veggies served w/ chimichurri sauce

Organic Chicken (GF) | **8-10** \$48 | **10-15** \$64
15-20 \$80 | **20-30** \$110

Marinated and sliced organic grilled chicken; served w/ choice of chimichurri sauce, chipotle aioli, balsamic glaze, or honey apricot glaze. *contains egg

Misto (GF) **8-10** \$70 | **10-15** \$90
15-20 \$115 | **20-30** \$165

Grass-fed beef, organic grilled chicken, and shrimp; served w/ choice of 3 sauces

Vegetables | **15-20** \$55
Zucchini, squash, eggplant, red bell pepper, red onion, mushrooms, asparagus, roasted garlic, rosemary

SAUCES

horseradish aioli, chipotle aioli, remoulade, lemon-dill aioli, apricot glaze, balsamic glaze, pesto, chimichurri, BBQ, Smoky Paprika Aioli, Sweet Chili, Teriyaki, ranch

Consuming raw, undercooked meats, poultry, seafood, or eggs may increase the risk of food-borne illness. Prices are subject to change at any time. We are not a nut-free or gluten-free facility.

BOARD & BASKET

Grazing Board | **15-20** \$100 | **20-30** \$150

Blue cheese stuffed dates, goat cheese stuffed peppadews peppers, caprese skewers, prosciutto wrapped asparagus, aged cheddar, brie, mahon, cured meats, marinated olives, hummus, pita, veggies, fruit, jam, and crackers. (*Boards must be returned next day)

Crudit  Basket | **8-10** \$30 | **10-15** \$45

fresh cut seasonal veggies beautifully arranged in a basket; served w/ your choice of house made dip
*(*Lemon-garlic hummus, ranch, or peppadew dip)*

READY-TO-BAKE

Pans serve 8-10. For an additional charge many dinners can be made GF!

4-Cheese Lasagna (deep dish) | \$55; **meat** \$60

Mexican Lasagna | \$44

Seafood Paella (GF) | \$75

Chicken Enchiladas | \$48

Chicken Marsala/Piccata | \$65
add Garlic and Herb Rice | \$28

Chicken Parmesan w/ Ziti | \$80

Chicken, Broccoli, Ziti | \$60

Nonna's Italian Meatballs | \$60

Pulled Pork or Pulled Chicken | \$60

Macaroni & Cheese | **8-10** \$40 | **10-15** \$45

Sausage, Peppers, Onions | \$60

Eggplant Parmesan or Eggplant Stacks | \$48

French Toast Bake | \$40

Quiche/Frittata | **meat** \$24 | **veggie** \$22

DESSERTS

Dessert Platter Sizes 10-15/20-30/30-40

Double Chocolate Brownie Platter | \$30/\$50/\$75

Brownie-Cookie Platter | \$35/\$55/\$80

Julia's original recipe for rich double chocolate fudge brownies; served on a platter garnished w/ strawberries
*(*Ask about our many other dessert options)*

SANDWICHES

Chef Wrap/Sandwich Assortment | \$9.95/each (min 10)

A selection of our house wraps and sandwiches

Finger Sandwiches | \$39-\$54 /dozen

mozzarella red pepper, ham and brie, roast beef and onion, turkey blt, curry chicken salad, fried chicken...