



fresh eats

BY RUSSELL MORIN

PLACE YOUR ORDER

Email fresheats@morins.com

Tel (508) 226-6600

Toll free (888) 552-7822

Breakfast

BREAKFAST SANDWICHES

THE AMERICAN BREAKFAST SANDWICH \$5/EA

Perfectly scrambled egg, American cheese, with OR without bacon, breakfast aioli on a Portuguese bolo roll, accompanied by hash brown patty

BREAKFAST BOXES

MORNING FAVORITE COLD BREAKFAST BOX \$7

Bagel with cream cheese OR house-made muffin, yogurt, and fresh fruit cup

Lunch

BOXED LUNCH \$9

BOXED LUNCH INCLUDES:

Chips, seasonal fruit, craft cookie, dill pickle and Poland Spring water

PICK UP TO 3

SANDWICHES

CLASSIC CHICKEN SALAD

With lettuce and tomato on a croissant

RALPH'S CLASSIC TUNA

With green leaf lettuce and tomato on a potato roll

VIRGINIA HAM & CHEESE

Whole grain mustard, mayo, Swiss cheese, green leaf lettuce, tomato on a potato roll

SALADS Ⓥ

CHOPPED SALAD Ⓥ

Pepitas, sunflower seeds, kale, chopped radicchio, roasted vegetables, pickled vegetables, Morin's house vinaigrette

+.25

QUINOA AND ARUGULA Ⓥ

Seasonal vegetables, arugula, crunchy wild rice, quinoa, fresh vinaigrette

+.25

Hot Bistro

HOT ENTRÉES \$10.75

Accompanied by seasonal starch and vegetable

FLORENTINE CHICKEN

With mornay sauce, baby spinach and artichoke crust

GRILLED BBQ CHICKEN Ⓥ Ⓣ Ⓣ

With bourbon peach salsa

FOREST MUSHROOM RAVIOLI Ⓥ

With madeira cream sauce and frizzled onions

SMOKED SLICED BRISKET Ⓣ Ⓣ Ⓣ

With Memphis BBQ sauce

GRILLED LONDON BROIL Ⓣ Ⓣ Ⓣ

With fresh chimichurri

MARINATED STEAK TIPS Ⓣ

With red wine demi glaze

+\$1.25

ARTICHOKE AND SPINACH CRUSTED HADDOCK

With lemon parsley sauce

+\$1.25

SUNFLOWER PESTO CHICKEN Ⓣ

Pesto marinated grilled chicken breast, balsamic drizzle and toasted sunflower seeds

+\$1.25

PAN SEARED SALMON Ⓣ Ⓣ Ⓣ

With grilled pineapple and roasted red pepper salsa

+\$1.25

Cold with Reheat for Families

ENTREES \$28/EA

Serves 6-8

- Vegetable Pesto Lasagna Ⓥ
- Beef & Tomato Lasagna
- Baked Spaghetti Meatball Pie

SIDES \$22/EA

Serves 6-8

- Roasted Garlic Mashed Potatoes Ⓣ
- Baked Cheddar Cheese Macaroni
- Fresh Shucked Sweet Corn /Sweet Butter Ⓣ
- Baby English Peas / Pearl Onions Ⓣ

PLEASE NOTE

Orders are subject to state sales tax and 7% administrative fee.

OUR DIETARY KEY APPEARS THROUGHOUT THE MENU:

KEY Ⓣ Dairy free | Ⓣ Gluten free | Ⓥ Vegetarian | Ⓥ Vegan