



fresh eats

BY RUSSELL MORIN

CATERING MENU | SUMMER 2021

How to Order

PLACE YOUR ORDER



ONLINE
orderfresheats.com



PHONE
Tel (508) 226-6600
Toll free (888) 552-7822



EMAIL
fresheats@morins.com

INFO



OFFICE HOURS
Monday – Friday:
9:00am – 5:00pm



ADDRESS
Fresh Eats by Russell Morin, Corporate Headquarters
95 Frank Mossberg Drive, Attleboro, MA 02703

FREE DELIVERY & PICK UP

ARE THERE ANY ADDITIONAL FEES?

Fresh Eats orders will incur a 7% administrative fee and are subject to state sales tax.

ORDER MINIMUMS

- Our order minimum Monday–Friday during our normal delivery or pick up window is \$250.
- Weekend minimums vary and are based on availability.

DELIVERY & PICK UP WINDOW

- Delivery and pick up are available Monday–Friday, 8:00AM–5:00PM.
- Weekend delivery and pick up based on availability.

CANCELLATION

- 72 business hours – full charge

I HAVE GUESTS WITH DIETARY RESTRICTIONS!

As you are reading through our menu you will notice we have conveniently labeled items for the most common dietary restrictions. If you have a guest with additional allergies, please email us. We are happy to assist!

OUR DIETARY KEY APPEARS THROUGHOUT THE MENU:

KEY  Dairy free |  Gluten free |  Vegetarian |  Vegan



Breakfast

✓ INDIVIDUALLY BOXED

All breakfast items are individually boxed. Minimum order 5 per box.

BOXED MORNING FAVORITES V

\$9.50

- VANILLA GREEK YOGURT
with dried cranberry granola
- HOUSE MADE DOUBLE BLUEBERRY MUFFIN
- SEASONAL WHOLE FRUIT VG

BOXED FRESH START

\$10.50

- CHOICE OF AVOCADO TOAST VG
with cherry tomatoes & balsamic reduction
- OR
- CINNAMON BRIOCHE TOAST V
with blueberry cream cheese and hibiscus crystals
- HARD-BOILED EGG GF
with a salt packet on side
- SEASONAL FRUIT CUP V GF

PROTEIN BOX

\$11.50

- HARD-BOILED EGG GF
with a salt packet on side
- CLEMENTINE VG
- SLICED APPLE WITH ALL-NATURAL PEANUT BUTTER V GF
- SHARP VERMONT CHEDDAR CHEESE GF
- MULTIGRAIN MUESLI BREAD WITH PEACH JAM VG

BREAKFAST SANDWICHES (Minimum order 5 per kind)

- DOWNCITY BREAKFAST SANDWICH \$6
Perfect fried egg, cheddar cheese, breakfast aioli, maple sausage patty, bacon, chilaquiles sauce, whole wheat bagel
- THE AMERICAN BREAKFAST SANDWICH \$6
Perfectly scrambled egg, American cheese, bacon, breakfast aioli, Portuguese bolo roll

- ADD-ONS
- FRUIT CUP VG \$2.50 EACH
- HOUSE MADE MUFFIN V \$2 EACH
- INDIVIDUALLY BOTTLED ORANGE JUICE \$2
- INDIVIDUALLY BOTTLED WATER \$2

KEY GF Dairy free | GF Gluten free | V Vegetarian | VG Vegan



Lunch

✓ **INDIVIDUALLY BOXED:** All items are individually packaged. Minimum order 5 per kind.

BOXED LUNCH \$13.75

INCLUDES: Chips, seasonal whole fruit, craft cookie, dill pickle and bottled spring water

SANDWICHES

BALSAMIC BEEF ITALIAN

Slow roasted beef, mushroom ceviche, white cheddar, balsamic aioli, balsamic reduction, lettuce, tomato and pickled red onion on a crispy baguette

VEGAN BAHN MI

Soy and sesame glazed roasted tofu, pickled carrots, cucumbers and red onions, cilantro and ginger aioli, arugula on a crispy baguette

CALIFORNIA TURKEY

Roasted turkey breast, avocado-lime aioli, pepper jack, red leaf lettuce, tomato on a whole wheat batard

RALPH'S CLASSIC TUNA

With green leaf and tomato on a potato roll

FEDERAL HILL

Genoa salami, capicola, ham, provolone, green leaf lettuce, pepperoncini, tomato, red onion, red wine vinaigrette on a crispy baguette

GRILLED VEGETABLE CAPRESE

Grilled zucchini and eggplant, fresh mozzarella, tomato, basil, balsamic drizzle on a French roll

HORSE RADISH ROAST BEEF

Slow roasted beef, horseradish mayo, caramelized onions, cheddar, wilted arugula, tomato on ciabatta

VERDE CHICKEN

Pepper jack cheese, caramelized red onion, tomato, arugula, jalapeno aioli

TACO CHICKEN WRAP

Grilled chicken breast, cheddar, pico de gallo, lettuce, chipotle sour cream

ATLANTIC LOBSTER SALAD +\$5

With brown butter mayonnaise on a grilled roll

VIRGINIA HAM & CHEESE

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

BALSAMIC CHICKEN

Chicken breast, tomato jam, arugula, mozzarella, red onion, balsamic on a baguette

TURKEY BLT

Turkey, lettuce, tomato, bacon and honey mustard on a whole wheat batard

INDIVIDUAL SALADS + BOWLS

INCLUDES: chips, craft cookie, and bottled spring water

MISO CAULIFLOWER

\$15

Brown rice, sugar snap peas, miso roasted cauliflower, sesame-ginger mushrooms, teriyaki cucumbers, sliced radish, summer greens, ginger-soy vinaigrette

MEDITERRANEAN

\$15

Red quinoa, paprika dusted chickpeas, oregano marinated tomato, pickled red onion, sliced cucumbers, feta crumble, mint, summer greens, lemon-oregano vinaigrette

SALMON RASPBERRY

\$16.50

Flaked salmon, fresh raspberries, red onion, chopped celery, dill, capers, brown rice, greens, raspberry vinaigrette

SALMON NICOISE SALAD

\$16.50

Hard boiled eggs, purple potatoes, haricot verts, olives, capers and frisee

MEXICALI STEAK

\$17

Grilled flank, cotija, bell peppers, roasted corn, grape tomato, jalapeño ranch

ROOM TEMP PICNIC

SHAVED CHICKEN PROVENCAL

\$16

Grilled corn salsa, tricolor tomato caprese with basil balsamic vinaigrette, harissa spiced sweet potato salad, pepitas & cherries, herb biscuits with whipped butter

SLICED SIRLOIN

\$18

Arugula pesto, shrimp and avocado potato salad, tossed arugula with marinated red onion & feta, herb biscuits with whipped butter

CHARCUTERIE BOX

13.50

Seasonal local cheeses and sausages, marinated imported olives, Dijon mustard, pickled vegetables, wafers and toast

KEY DF Dairy free | GF Gluten free | V Vegetarian | VG Vegan








Brunch

 **EASY REHEAT:** All brunches come with easy reheat instructions.

MORNING CAFÉ  (Serves 12) \$60
A FRESHLY BAKED ASSORTMENT OF MORNING FAVORITES

- PLEASE SELECT THREE:**
- Apple cinnamon muffins
 - Blueberry muffins
 - Zucchini walnut muffins
 - Cranberry orange scones
- Maple pecan scones
 - House made strawberry pop tarts
 - House made cookies n' cream pop tarts

BAGEL BAR (Serves 12) \$75
ASSORTED BAGELS 

- TOPPINGS**
- Original whipped cream cheese  
 - Smoked salmon, chives and red onion cream cheese 
- Cheddar, ham and jalapeno cream cheese 
 - Whipped sea salt butter 
 - Fruit preserves 

BRUNCH ADD-ONS

- BAGELS**  \$16

A baker's dozen of assorted bagels with cream cheese
- MIMOSA MINI MUFFINS** \$15

A baker's dozen of mimosa mini muffins
- CINNAMON BUNS**  \$18

A baker's dozen of cinnamon buns
- SCONES** \$16

A baker's dozen of assorted scones
- MUFFINS** \$15

A baker's dozen of assorted muffins
- CINNAMON Brioche Toast** \$36

Serves 12

HEAT-AND-EAT BRUNCH

- BELGIAN WAFFLE**  (Serves 8) \$35

Orange glazed blueberries with ginger-honey syrup
- S'MORES WAFFLES** (Serves 8) \$50

Marshmallow sauce, Nutella syrup, toasted hazelnut whipped butter
- CREAM CHEESE BISCUITS** (Serves 8) \$64

Sausage gravy, hot honey fried chicken bites, honey butter, and fruit preserves
- MUSHROOM, LEEK AND FONTINA FRITTATA**  \$21
- MEDITERRANEAN EGG STRATA**  \$21

Spinach, olives, sun-dried tomato, mozzarella



Platters

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TUSCAN LANDSCAPE\$375

Gorgonzola dolce V, sharp provolone V, mozzarella ciliegine marinated in extra virgin olive oil V, sea salt and basil cured imported olives VG, eggplant caponata VG, sundried tomato pesto V, shaved local prosciutto, genoa salami, grilled asparagus balsamico VG, rustic country breads V

🍞 bread available upon request

CHEESE LANDSCAPE\$125

🍞 V Options available

A selection of traditional domestic and imported cheeses with grapes and strawberries, and house cracker assortment

GARDEN CRUDITÉ V\$115

A seasonal assortment of crisped and blanched garden vegetables VG, artfully presented with fresh herbs. Served with green goddess dip and sundried tomato roasted red pepper dip.

MIDEASTERN MEZZE VG\$195

Hummus trio of balsamic beet V, traditional lemon chickpea and edamame hummus, rice stuffed grape leaves, tabbouleh, Fattoush salad and pita bread

🍞 bread available upon request

SHRIMP COCKTAIL\$185

5 lbs. jumbo gulf shrimp with zesty cocktail sauce 🍷 🍷

ROASTED TENDERLOIN\$195

2 lbs. served sliced with whole grain mustard, creamy horseradish sauce and mini french rolls, served room temp



Dinner

 **EASY REHEAT:** All dinners come cold, with easy reheat instructions.

HEAT-AND-EAT À LA CARTE ENTRÉES

Serves eight			
KOMBUCHA MARINATED STEAK  	\$130	ESPELETTE & CHIPOTLE CHICKEN  	\$120
Pickled cucumber and charred red onion relish		Marinated and chargrilled with citrus salsa	
GRILLED MOJO CHICKEN  	\$120	KUNG PAO CAULIFLOWER 	\$122
Charred red onion and black bean salsa		Pineapple, scallions and peppers	
GRILLED SALMON	\$128	COCONUT-POTATO CURRY  	\$122
Red miso butter		Green papaya and mint salad	
ROASTED COD SALTIMBOCCA	\$126		
Lemon jus			

SIDES

Serves eight			
FREEKAH, CHICKPEA, & FRESH HERB SALAD 	\$26	HERB ROASTED POTATOES  	\$25
CARAMELIZED HONEYED CARROTS  	\$25	GRILLED ASPARAGUS  	\$28
with cardamom		Lemon zest, toasted pine nuts	
ASH ROASTED FINGERLINGS  	\$27	KALE CEASAR 	\$28
with spring herbs		GREEN BEANS  	\$25
		Shallot butter	

FAJITA BAR

Serves twelve	\$175
CHILI LIME CHICKEN  	
BRAISED PORK CARNITAS  	
MOLE SPICED BRAISED BRISKET  	
MEXICAN RICE & BLACK BEANS	
THE FIXINS 	
<div><div><div>Salsa verde</div><div>Pico de gallo</div><div>Morin's house hot sauce</div></div><div><div>Shredded lettuce</div><div>Cheese</div><div>Corn & flour tortillas</div></div></div>	

LITTLE ITALY

Serves twelve	\$175
CHICKEN PARMESAN	
BAKED ZITI	
NONNA'S MEATBALLS	
RATATOUILLE 	
GARLIC BUTTER PARKER HOUSE ROLLS	
CAESAR SALAD 	



Bring Your Own Grill

READY TO COOK: Kabobs, Wings, Burgers & Dogs are prepared fresh and ready for you to cook at home.

- KABOBS** GF
- All orders come with six kabobs, skewered with seasonal vegetables.
- CHURRASCO BEEF

with chimichurri sauce

\$50
- GULF SHRIMP AND BEEF TENDERLOIN

\$58
- HONEY, LIME AND SRIRACHA CHICKEN

\$37.50
- LEMON, OREGANO SWORDFISH

with basil aioli

\$58
- THAI COCONUT WILD MUSHROOM

VE

\$33
- CLASSIC VEGETABLE WITH BASIL OIL

VE

\$33

- WINGS**
- All orders come with one dozen wings.
- KOREAN BBQ CHICKEN WINGS

\$25
- CALABRIAN CHILI CHICKEN WINGS

\$25
- CLASSIC BUFFALO WINGS

\$25

- BURGERS & DOGS**
- All orders include buns, lettuce, tomato, onion, mustard and ketchup.
GF buns may be substituted for +\$8.50 per order or added on à la carte.
- 4 OZ GROUND CHUCK BURGERS

GF

\$50 for 8
- 6 OZ GROUND CHUCK BURGERS

GF

\$64 for 8
- PEARL ALL-BEEF HOT DOGS

GF

\$35 for 8
- 4 OZ BEYOND BEEF BURGERS

VE

\$45.50 for 4
- BEER BRATWURST

\$25 for 6
- GLUTEN FREE HAMBURGER BUNS

\$17 for 8
- GLUTEN FREE HOT DOG BUNS

\$17 for 8
- CLASSIC LOBSTER ROLLS

\$60 for 4

- SIDES**
- Each serves eight.
- CLASSIC POTATO SALAD

VE

\$19
- MEXICAN STREET CORN SALAD

VE

\$23
- CAESAR SALAD

\$21
- CLASSIC MIXED GREENS

VE

\$19
- CHOPPED SALAD

VE GF

\$23
- FRUIT SALAD

VE GF

\$25
- JALAPENO SWEET CORN MUFFIN

VE

\$19 / dozen
- with peach honey butter

KEY GF Dairy free | GF Gluten free | VE Vegetarian | VE Vegan



Dessert

KEY DF Dairy free | GF Gluten free | V Vegetarian | VG Vegan

CAKES AND PIES V \$20 EACH

Serves eight to ten

CHOCOLATE CREAM PIE

STRAWBERRY RHUBARB PIE

BERRY ANGEL FOOD CAKE

LEMON MERINGUE PIE

PEACH PIE





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