



TAKEOUT

MENU

YOUR LOCAL GOURMET MARKET • ESTABLISHED 2006

781-821-0005

BEVERAGES

Poland Spring Water
Nantucket Nectars
Coke & Pepsi Products
Old Fashioned Soda
Spindrift Natural Soda
Snapple
Wine
Beer

DESSERT

Tate's Chocolate Chip Cookies
Gourmet Cookies (Store-Baked)
Mississippi Mud Pie
Frozen Custard (Locally Made Chilly Cow) - Assorted Flavors
Frozen Custard Pies (Locally Made Chilly Cow) - Assorted Flavors
Gelato (Cold Fusion) - Assorted
Ice Cream (SoCo) - Assorted

GROCERIES

Balsamic Vinegar (Ariston), Boar's Head Deli, Bread, Butter, Cereal, Cheese, Chocolate Bars, Coffee, Crackers, Eggs, Frozen Foods, Hamburger (fresh made), Hummus (Sabra), Juice, Ketchup, Macaroni & Cheese, Marinades, Milk, Meat, Mustard, Olive Oil (Ariston), Olives, Pasta, Pickles, Pizza, Poultry (Bell & Evans), Produce, Quinoa, Rice, Sauces, Sausage (store-made), Seafood, Snacks, Stonewall Kitchen Products, Tea, Yogurt

BEER, WINE, SPIRITS

We offer a wide selection of carefully selected beer, wine and spirits. We carry many wines for less than \$10. Call for wine pairing suggestions.

TO ORDER:

781-821-0005

www.maincourse-ma.com

FREE DELIVERY

Orders Over \$50

To Canton, Stoughton, Sharon

\$8 Delivery Fee Orders \$50 or Less

We cannot guarantee availability of all menu items if order is placed after 3 pm

All prices are subject to change at any time

CATERING

*For Private and Corporate Catering
Please Refer to Our
Catering Menu*

***The Main Course Market
11 Washington Street, Cobb Corner
Canton, MA 02021***

TAKEOUT

THE MAIN COURSE MARKET

MENU

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COMPLETE DINNERS

Simply Heat & Serve

Eggplant Parmesan – Side salad, crusty roll
Meat Lasagna – Side salad, crusty roll
Chicken Parmesan – Side salad, crusty roll
Eggplant Rollatini – Side salad, crusty roll
Chicken Marsala – Side salad, crusty roll
Meatballs & Penne – Side salad, crusty roll
Cheese Ravioli – Side salad, crusty roll
Stuffed Peppers – Side salad, crusty roll
Chicken, Broccoli, Ziti – Side salad, crusty roll
Lemon Pepper Shrimp Scampi – Rice pilaf, roasted vegetables
Beef Short Rib – Mashed potato, Asian snap peas
Pulled Pork – Mashed potato, roasted vegetables
Orange Glazed Chicken – Mashed potato, Asian snap peas
Servings: One - 9.99 Two - 18.99 Four 35.00

Roasted Salmon – Rice pilaf, roasted vegetables
Rack Baby Back Ribs – Mashed potatoes, baked beans
Servings: One - 11.99 Two - 21.99 Four 39.00

Shepherd's Pie – Crusty roll
Servings: One - 7.99 Two - 13.99

Chicken Pot Pie – Mixed vegetables (*Requires 25 minutes of cooking or call ahead to pick up hot*)
Individual: 7.99 Family: 13.99

Bell & Evans Stuffed Chicken – Fully cooked boneless, skinless chicken breast with choice of broccoli and cheese or stuffing and two sides **24.99**
Whole Stuffed Chicken – Choice of two sides **29.99**

HEALTHY GOURMET MEALS

450 CALORIES OR FEWER

No Hydrogenated Oils, No Added Salt

No High Fructose Corn Syrup

Veggie Burger – Side salad or roasted vegetables **6.99**
Grilled Chicken – Brown rice and side salad or roasted vegetables **8.99**
Lemon Pepper Shrimp Scampi – Brown rice and side salad or roasted vegetables **10.99**
Roasted Salmon – Brown rice and side salad or roasted vegetables **10.99**
Pan Seared Scallops – Brown rice and side salad or roasted vegetables **11.99**

SALADS

Garden Salad – Field greens, cucumber, tomato, pepper, onion **3.99**
Greek Salad - Romaine, cucumber, tomato, feta, black olives **4.99**
Caesar Salad - Romaine, croutons, parmesan cheese **4.99**
Signature Salad – Field greens, goat cheese, cranberries, walnuts, berries **6.99**

Dressing:

Balsamic or raspberry vinaigrette, Italian, creamy Italian, Greek, ranch, blue cheese

Add To Any Salad:

Tuna Salad 1.99	Egg Salad 1.99
Seafood Salad 1.99	Chicken Salad 1.99
Veggie Burger 2.99	Grilled Chicken 2.99
Shrimp 2.99	Salmon Burger 5.99
Teriyaki Turkey Burger 4.99	
Crusty Roll .99	

KIDS MEALS

Served with fruit and cookie

Grilled Cheese & Chips 5.99
Macaroni & Cheese 5.99
Cheese Ravioli 5.99
Meatballs & Pasta 6.99
Chicken Nuggets & Fries or Rice 6.99

ADD ONS

Fresh Baked Baguette
Corn Bread
"Dirty" Potato Chips
Fresh Fruit Cup
Fage Yogurt – Assorted Flavors
Eggplant Stacks
Potato Salad
Coleslaw
Pasta Salad