



TAKEOUT

MENU

YOUR LOCAL GOURMET MARKET • ESTABLISHED 2006

781-821-0005

COMPLETE DINNERS

Simply Heat & Serve

Eggplant Parmesan – Side salad, crusty roll
Eggplant Rollatini – Side salad, crusty roll
Meatballs & Penne – Side salad, crusty roll
Cheese Ravioli – Side salad, crusty roll
Asparagus Risotto Cake – Side salad or sautéed spinach
Servings: One - 9.99 Two - 18.99 Four 36.99

Meat Lasagna – Side salad, crusty roll
Chicken Parmesan – Side salad, crusty roll
Chicken Marsala – Side salad, crusty roll
Grilled Chicken – Rice pilaf, roasted vegetables
Panko Chicken – Rice pilaf, roasted vegetables
Honey Mustard Chicken – Rice pilaf, roasted vegetables
Buffalo Chicken – Rice pilaf, roasted vegetables
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
Servings: One - 12.99 Two - 24.99 Four 44.99
** Subject to availability*

Roasted Salmon – Rice pilaf, roasted vegetables
Rack Baby Back Ribs – Mashed potatoes, baked beans
Eggplant Stack (*fresh mozzarella, roasted red pepper, basil*) – Side salad
Shepherd's Pie – Side salad, crusty roll
Servings: One - 12.99 Two - 24.99 Four 44.99

Chicken Pot Pie – Mixed vegetables (*Requires 25 minutes of cooking or call ahead to pick up hot*)
Individual - 9.99 Family - 16.99

Bell & Evans Stuffed Chicken Breast – Fully cooked boneless, skinless chicken breast w/ choice of wild rice & mushroom or cranberry cornbread stuffing & vegetable **Servings: Four - 29.99**

Whole Stuffed Chicken – Choice of vegetable **Servings: Four: 29.99**

HOT SOUP

Seasonal: Call for Daily Special

Servings: Cup 3.49 Pint 6.49 Quart 10.99
Add a Crusty Roll 1.00

HEALTHY MEALS < 500 Calories

*Made Daily In Our Kitchen
 No Hydrogenated Oils, No Added Salt
 No High Fructose Corn Syrup*

Grilled Chicken – Brown rice and side salad or roasted vegetables **9.99**
Lemon Pepper Shrimp Scampi – Brown rice and side salad or roasted vegetables **12.99**
Roasted Salmon – Brown rice and side salad or roasted vegetables **12.99**
Pan Seared Scallops – Brown rice and side salad or roasted vegetables **14.99**

SALADS

Sirloin Steak Salad – Marinated sirloin steak, blue cheese crumbles, romaine, tomatoes **11.99**
Signature Salad – Field greens, goat cheese, cranberries, walnuts, berries **6.99**
Greek Salad – Romaine, cucumber, tomato, feta, black olives **4.99**
Caesar Salad – Romaine, croutons, parmesan cheese **4.99**
Garden Salad – Field greens, cucumber, tomato, pepper, onion **3.99**

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

ADD TO ANY SALAD:

Crusty Roll .99 Blue Cheese Crumbles 3.99
Tuna Salad 1.99 Egg Salad 1.99
Seafood Salad 1.99 Chicken Salad 2.99
Veggie Burger 2.99 Grilled Chicken 3.99
Shrimp 1.50 each Salmon Burger 6.99
Teriyaki Turkey Burger 4.99

ADD ONS

Fresh Baked Baguette
"Dirty" Potato Chips
Potato Salad
Fage Yogurt – Assorted

Corn Bread
Fresh Fruit Cup
Pasta Salad
Coleslaw



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BEVERAGES

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

DESSERT

Tate's Chocolate Chip Cookies
Gourmet Cookies (Store-Baked)
Frozen Custard (Locally Made Chilly Cow) - Assorted Flavors
Lizzy's Home-made Ice Cream - Assorted
Gelato (Cold Fusion) - Assorted

GROCERIES

Balsamic Vinegar (Ariston), Boar's Head Deli, Bread, Butter, Cereal, Cheese, Chocolate Bars, Coffee, Crackers, Eggs, Frozen Foods, Hamburger, Hummus, 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, Yogurt

BEER & WINE

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

CATERING

Please Refer to
Our Catering Menu for
Events, Parties & Corporate Catering

Give Prepared Meals as a Gift:

New Parents, Elderly Loved Ones,
Just Home From the Hospital,
Grieving Friends & Family

TO ORDER:

781-821-0005

www.maincourse-ma.com

Email: orders@maincourse-ma.com

THE MAIN COURSE MARKET
11 Washington Street, Cobb Corner
Canton, MA 02021

\$10 DELIVERY FEE

Local Delivery to
Canton, Sharon, Stoughton

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

All prices are subject to change at any time

For Daily Updates & Promotions



