



Monday, July 3rd Delivery

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☀️ **A FRESHCHEF FAVORITE**

☀️ **Pretzel Breakfast Sammie gf/kf**

Local Pretzel Bun. Hand-cut ham, bacon, scrambled egg, herbed cream cheese spread. Served with arugula and roasted tomatoes.

Add fresh fruit available

552 Cal | 33.1g Carb | 34.8g Fat | 32.5g Protein

Turkey and Sweet Potato Breakfast Hash gf

Ground turkey sausage gravy, roasted sweet potatoes, bell peppers, and onions, scrambled eggs, mozzarella cheese, and chives.

455 Cal | 28g Carb | 26g Fat | 32g Protein

****NEW** FC Taco Salad gf/kf**

Hundred Acre Spring Mix, corn, black beans, cherry tomatoes, cheddar cheese, fried corn tortilla strips and fresh lime. Served with Freshchef Chipotle Ranch.

Add proteins available

373 Cal | 22g Carb | 28.7g Fat | 8.5g Protein

Chicken : 473 Cal | 23g Carb | 30.7g Fat | 30.5g Protein

Salmon : 643 Cal | 22g Carb | 42.7g Fat | 43.5g Protein

☀️ **Chicken Pot Pie Casserole**

Roasted chicken breast, herb cream sauce, peas, carrots, corn, onions, celery, parsley, dill and a cheddar chive biscuit.

Gluten free available (low carb)

550 Cal | 38g Carb | 32g Fat | 44g Protein

☀️ **Tomato Basil Chicken**

Marinated herbed chicken breast served with penne pasta, tomato, and basil bruschetta, olive oil, shredded parmesan cheese, and basil aioli.

565 Cal | 46.9g Carb | 19.3g Fat | 50.2g Protein

Low Carb (GF): 399 Cal | 11g Carb | 18.9g Fat | 45.6g Protein

☀️ **Turkey Beans and Rice df/kf/gf**

The very first Freshchef dish! Herbed ground Turkey breast served with blanched green beans, steamed white rice, and jack's cantina salsa.

Veg swap available.

401 Cal | 44g Carb | 10.2g Fat | 30.8g Protein

Low Carb: 268 Cal | 13g Carb | 10.2g Fat | 29.8g Protein

****NEW** Mushroom Fajitas**

Roasted portobello mushrooms, button mushrooms, fajitas vegetables, pickled onions, chopped cilantro, refried black beans, cilantro lime crema, rolled flour tortillas.

Corn tortillas available (GF) Add Proteins Available

573 Cal | 71.5g Carb | 25.3g Fat | 21.5g Protein

Chicken : 683 Cal | 72.5g Carb | 26.3g Fat | 47.5g Protein

Shrimp: 634 Cal | 72.3g Carb | 26.1g Fat | 33.1g Protein

*****NEW** Jerk Salmon df gf***

Jerk marinated salmon, blanched broccoli, roasted carrots, steamed cilantro white rice, diced mango salsa.

Mild spice

518 Cal | 54.1g Carb | 15.4g Fat | 42g Protein

Low Carb: 385 Cal | 23g Carb | 15.4g Fat | 41g Protein