



Monday, July 31st Delivery

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☀️ **Chef Austin's Pick**

****NEW** ☀️ Smoked Salmon Lox Sammie**

Everything seasoned bagel, smoked salmon, hard-boiled egg, lemon dill caper cream cheese, pickled red onions, roasted tomato, lemon wedge, and arugula.

484 Cal | 55.4g Carb | 16g Fat | 26.6g Protein

Breakfast Tacos

Scrambled eggs, turkey chorizo, cheddar cheese, two flour tortillas, and tomatillo salsa.

Corn tortillas available - GF

588 Cal | 53.3g Carb | 17.8g Fat | 49.3g Protein

☀️ **BBQ Chicken Salad gf/kf**

Hundred-acre spring mix, corn and black bean relish, tortillas strips, cucumber, cherry tomato, shredded cheddar cheese, BBQ grilled chicken, and Freshchef Ranch.

405 Cal | 18g Carb | 27.7g Fat | 25.3g Protein

Salmon: 430 Cal | 17.2g Carb | 27.2g Fat | 29.8g Protein

☀️ **Chicken and "Dumplings."**

Marinated and roasted chicken breast, chicken broth cream, peas, corn, carrots, fresh dill, parsley, poached potato gnocchi, and lemon wedge.

Sub zoodles for low carb-GF

497 Cal | 46g Carb | 18.8g Fat | 35.5g Protein

French Onion Chicken gf

Marinated chicken breast smothered in French onion sauce, mozzarella cheese, and fresh parsley. Served with blanched green beans and roasted potatoes.

Low carb available | veg swap available

406 Cal | 38.9g Carb | 22.2g Fat | 48.6g Protein

****NEW** ☀️ Pork Belly Bahn Mi df**

Ciabatta Roll, Slow-roasted pork shoulder, sliced pork belly, cabbage, pickled cucumbers, and carrots. Cilantro, sweet chili mayo.

Lettuce wraps are available for low-carb and gluten-free

521 Cal | 50.3g Carb | 22.5g Fat | 25.2g Protein.

Low Carb: 311 Cal | 10.9g Carb | 20.2g Fat | 17.4g Protein

****NEW** 🌟 Vegetable Fired Rice df**

Steamed white rice, carrots, corn, peas, grilled zucchini, and yellow squash. Red bell peppers, broccoli, scallions, and fried eggs. Served with a teriyaki sauce. **Psst.. add the shrimp.**

Add protein available | Gluten-free available with no sauce

339 Cal | 69.3g Carb | 3g Fat | 8.4g Protein

Low Carb: 206 Cal | 38.3g Carb | 3g Fat | 7.4g Protein

Chicken: 439 Cal | 70.3g Carb | 5g Fat | 30.4g Protein

Salmon: 619 Cal | 70.3g Carb | 18g Fat | 44.4g Protein

Shrimp: 399 Cal | 70.1g Carb | 3.9g Fat | 20g Protein

****NEW** Greek Salmon and CousCous**

Herbed roasted salmon, cous cous pasta, cucumber, tomato, zucchini, fresh basil and oregano, feta cheese, olive oil, and lemon juice. Served with a creamy dill sauce.

Low carb available | Heat salmon separately for best enjoyment.

606 Cal | 40.1g Carb | 28.9g Fat | 44.8g Protein

Low Carb: 467 Cal | 10.1g Carb | 28.6g Fat | 41.8g Protein

If you want more protein, vegetables, starches, or customization, please check out our **family style options** under the **Family Style tab.**