



Monday, August 7th Delivery

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☀️ **Chef Austin's Pick**

☀️ **Steak and Eggs Hash gf/kf**

Grilled beef tenderloin, organic scrambled eggs, roasted potato, and onion pepper hash. Cheddar cheese and chives. Jack's salsa.

374 Cal | 20.5g Carb | 20.2g Fat | 26.1g Protein

Spanish Chorizo and Potato Egg Bites gf

Chorizo pork sausage, cherry tomatoes, mozzarella cheese, scallions. Served with a bed of spinach and a choice of fresh pineapple or breakfast potatoes, and Jack's Cantina Salsa.

388 Cal | 29g Carb | 16.8g Fat | 30.2g Protein

The Italian Stallion Salad gf/kf

Hundred Acre Spring Mix. Hard Salami, garbanzo beans, green bell pepper, cucumber, cherry tomatoes, mozzarella cheese, and pickled red onions. Served with an Italian vinaigrette.

487 Cal | 29.6g Carb | 30.4g Fat | 27.1g Protein

☀️ **BBQ Roasted Chicken gf/kf**

Roasted Chicken leg quarter, blanched broccoli, brown butter smashed sweet potatoes. Side of BBQ sauce.

Sub chicken breast available | cauliflower rice for low carb

512 Cal | 34.2g Carb | 20.3g Fat | 48.7g Protein

☀️ **Korean Chicken Bowl**

Roasted Chicken thighs sauced with a Korean BBQ, steamed sushi rice, edamame, cucumber, purple cabbage, shredded carrots, sesame, and scallions served with sriracha mayo.

Sub cauliflower rice for low carb

463 Cal | 49g Carb | 14g Fat | 39g Protein

☀️ **Beef Bolognese With Pasta**

Beef bolognese with carrots, celery, and onions. Served with penne pasta or spaghetti, mozzarella and Parmesan cheese. Fresh parsley.

Sub zoodles for low carb

450 Cal | 30g Carb | 22.4g Fat | 31.8g Protein

Vegetarian Chili

Spiced tomato sauce, kidney beans, black beans, onion, carrots, bell peppers, corn, grilled zucchini. Served with elbow noodles, sour cream, mixed cheeses, and tomatillo guacamole sauce. Cornbread muffin

no dairy available

454 Cal | 60g Carb | 13g Fat | 23g Protein

Lobster and Shrimp Salmon gf

Roasted salmon, topped with lobster shrimp sauce and chives. Served with white rice and blanched green beans.

Sub cauliflower rice for low carb

520 Cal | 32.8g Carb | 21.6g Fat | 49.8g Protein

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