



## Monday, July 17 th Delivery

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### **Chef Austin's Pick**

#### **Cajun Egg Bites**

Liquid eggs, heavy cream, andouille sausage, caramelized onion, and mozzarella cheese. Served with a bed of spinach, roasted potatoes or fruit, and Jack's Cantina Salsa.

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

#### **\*\*NEW\*\* Freshchef Loaded Hash gf**

Redskin potato hash with peppers and onions. Chopped smoked ham, bacon, cheddar cheese, and hollandaise sauce.

420 Cal | 33.8g Carb | 22g Fat | 21.9g Protein

#### **Crumbled Feta Salad gf/kf**

Hundred Acre Spring Mix. Cherry tomatoes, cucumbers, pickled red onions, roasted corn, feta cheese, and balsamic vinaigrette. You'll need the balsamic grilled sirloin on this one :)

*Add proteins available*

373 Cal | 18.8g Carb | 31.7g Fat | 5.3g Protein

Sirloin : 514 Cal | 18.8g Carb | 35.7g Fat | 31.7g Protein

Chicken : 523 Cal | 18.8g Carb | 36.3g Fat | 30.5g Protein

#### **\*\*NEW\*\* Street Corn Chicken Tacos**

Chili Lime roasted chicken thigh, street corn salsa, shredded red cabbage, flour tortillas, cilantro lime creme. Steamed cilantro rice.

*Lettuce wraps (LC+GF) Available*

558 Cal | 60.6g Carb | 24.6g Fat | 25.9g Protein

Low Carb : 361 Cal | 22.1g Carb | 21.1g Fat | 22.9g Protein

#### **\*\*NEW\*\* Chicken and Broccoli Alfredo**

Lemon and herbed grilled chicken, blanched broccoli, penne pasta, and Freshchef Cream Sauce.

*Low carb: zoodles available*

541 Cal | 55.8g Carb | 14.9g Fat | 47g Protein

Low Carb : 374 Cal | 19.9g Carb | 14.5g Fat | 42.4g Protein

#### **Wisconsin Poutine gf**

You heard that right! Diced sweet and red skin potatoes, slow braised pork shoulder, Wisconsin cheese curds, cheddar cheese, gravy, and chopped scallions.

417 Cal | 30.7g Carb | 16.6g Fat | 35.4g Protein

**BACK BY REQUEST!**

 **Black Bean Walnut Burger df**

Black bean vegetarian burger, walnut, spices, and quinoa. Served with split top bun, spring, roasted tomatoes, and chipotle aioli.

*Low Carb lettuce wrap Available*

427 Cal | 55.4g Carb | 9.1g Fat | 23.4g Protein

*Low Carb (GF):* 273 Cal | 26.8g Carb | 7.3g Fat | 17.4g Protein

**Korean Salmon df**

Freshchef roasted salmon filet, glazed with a Korean BBQ glaze, white rice, green peas, shredded carrots, cabbage, and pickled cucumber.

*Shrimp available | Sub cauliflower rice for low carb*

591 Cal | 66.3g Carb | 16.1g Fat | 45.8g Protein

*Low Carb:* 447 Cal | 33.3g Carb | 15.1g Fat | 44.8g Protein

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