



Monday, August 21st Delivery

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☀️ **Chef Austin's Pick**

☀️ **Smoked Ham Breakfast Sandwich**

Miller Pretzel Bun, hand-cut carved ham, scrambled eggs, cheddar cheese, served with spring mix salad, roasted Roma tomato, and chipotle aioli.

Dairy free available | Sub grilled sirloin available

451 Cal | 28.6g Carb | 23.4g Fat | 33g Protein

****NEW** Chorizo and Potato Egg Casserole gf**

A layered casserole of shredded hash brown, eggs, chorizo, cheddar cheese, bell peppers and onions.

Served with sour cream and green salsa.

388 Cal | 29g Carb | 16.8g Fat | 30.2g 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 | Dairy free Available

439 Cal | 7.1g Carb | 32.3g Fat | 26.9g Protein

****NEW** ☀️ Cacio De Pepe Pasta**

Translation: Cheese and Pepper. Spaghetti noodles, roasted chicken, cream sauce, parmesan and cracked black pepper. Served with a side of steamed broccoli.

Zoodles for gluten-free low carb | Sub Salmon Available

523 Cal | 49.5g Carb | 23.8g Fat | 33.1g Protein

Low Carb: 356 Cal | 14.5g Carb | 23.4g Fat | 28.5g Protein

☀️ **Chicken Sausage and Pepper Bowl GF**

A childhood favorite. Grilled sausage medley, Italian and andouille sausages, grilled chicken breast. Served on a bed of white rice, roasted peppers, onions, house marinara, mozzarella cheese, and parsley.

Sub cauliflower rice for low carb | Dairy free available

531 Cal | 56.1g Carb | 17.9g Fat | 37g Protein

Low Carb: 384 Cal | 23.1g Carb | 17.9g Fat | 35.7g Protein

****NEW** Pureco Con Salsa Verde GF/DF**

Already thinking about the winter months with this comforting stew. Seared pork with roasted potatoes, grilled zucchini, roasted corn, radish, and Salsa Verde.

457 Cal | 63.4g Carb | 12.1g Fat | 38.9g Protein

****NEW** Vegetarian Shepherd's Pie GF**

It's a meatless version of the classic British/Irish Dish. A savory mushroom and veggie gravy packed with carrots, peas, bell peppers, onions, and celery and topped with Yukon gold mashed potatoes and chives.

404 Cal | 79.3g Carb | 8.4g Fat | 15.1g Protein

 **Florentine Roasted Salmon gf/kf**

Herb and garlic marinated salmon filet, topped with a sundried tomato, spinach, and artichoke cream cheese. Blanched broccoli and roasted red-skin potatoes.

Sub cauliflower rice for lower carb

420 Cal | 33.4g Carb | 15.1g Fat | 39.1g Protein

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