



Monday, August 28th Delivery

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☀️ **Chef Austin's Pick**

☀️ **Sweet Potato Breakfast Noshers gf/kf**

Organic scrambled egg, shredded cheddar cheese, toasted cashews, pickled red onions, roasted sweet potatoes, and bier cheese mustard sauce.

434 Cal | 27.1g Carb | 25.2g Fat | 29.5g Protein

Grilled Steak Breakfast Burrito

Grilled tenderloin, caramelized onions, roasted peppers, cheddar cheese, scrambled eggs. Jack's salsa cantina salsa

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

☀️ **Grilled Greek Chicken Salad**

Hundred Acre Spring Mix. Grilled lemon chicken breast, fets cheese, pickled red onions, kalamata olives, cherry tomatoes, cucumbers, and banana pepper. Served with a creamy Greek dressing.

SUB proteins available | Dairy-free Available

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

☀️ ****NEW** Buffalo Chicken Mac**

Yes, yes. The time has come. Elbow noodles, cheddar cheese sauce, buffalo chicken, blanched broccoli.

Zoodles for gluten-free-low carb | Plain Chicken Available

546 Cal | 30.5g Carb | 22g Fat | 40.1g Protein

Low Carb: 379 Cal | 16.6g Carb | 21.6g Fat | 35.5g Protein

☀️ ****NEW** Grilled Bourbon Chicken df/gf**

New and improved! Bourbon glazed grilled chicken served over a vegetable rice pilaf: corn, peas, carrots, red bell peppers, and broccoli.

Sub cauliflower rice for low carb

405 Cal | 57.2g Carb | 14.1g Fat | 36.1g Protein

Low Carb: 322 Cal | 36.7g Carb | 14.1g Fat | 36.9g Protein

****NEW** Tex Mex Turkey Casserole gf**

Steamed white rice, taco-seasoned ground turkey, diced tomatoes, black bean, corn, cheddar cheese, and scallions.

Add works available: jalapenos and sour cream.

455 Cal | 46.6g Carb | 16.5g Fat | 32.6g Protein

Low Carb: 395 Cal | 18.2g Carb | 16g Fat | 29.7g Protein

****NEW** Veggie Thai Noodle Salad**

Wheat noodles, red cabbage, shredded carrots, peas, bell peppers, scallions, Thai peanut sauce, crushed peanuts, fresh lime wedges, and cilantro.

Add proteins Available. | Gluten-free available

325 Cal | 32.6g Carb | 40.2g Fat | 28.4g Protein

 **Blackened Salmon and Quinoa gf/df**

Seriously, don't skip this dish.

Blackened roasted salmon filet, served with a corn and black bean southwest quinoa salad, blanched broccoli, fresh lime, and chipotle cream sauce.

685 Cal | 50g Carb | 21g Fat | 52.6g Protein

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