



## Monday, September 4th Delivery

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### ☀️ **Chef Austin's Pick**

#### **\*\*NEW\*\*** ☀️ **Steak Egg and Cheese Bagel**

Local Everything Bagel stuffed with garlic pepper grilled sirloin, sliced cheddar cheese, scrambled egg, and horseradish Mayo. Served with arugula and pickled red onions.

*Sub ham available*

523 Cal | 54.2g Carb | 18.8g Fat | 30.9g Protein

#### **\*\*NEW\*\*** **Loaded Scrambled Eggs gf**

Organic scrambled eggs loaded with Nueske's bacon, cheddar cheese and scallions. Served with dauphinoise hash browns and jacks salsa.

326 Cal | 31.9g Carb | 12.1g Fat | 23.7g Protein

#### ☀️ **Freshchef Layered Salad gf**

A *Freshchef* favorite. Hundred Acre Spring Mix, roasted corn, peas, red bell pepper, bacon, cheddar cheese, scallions, creamy herbed dressing.

*Add chicken, steak or shrimp available*

403 Cal | 28.7g Carb | 26.9g Fat | 15.5g Protein

#### **Basil Chicken Pasta**

It's BACK, and it's tomato season! Marinated and roasted chicken breast, penne pasta, balsamic and garlic marinated tomatoes, Parmesan cheese, basil aioli.

*Gluten-free for low carbs available*

396 Cal | 30.6g Carb | 29.6g Fat | 20.5g Protein

Low Carb: 329 Cal | 11g Carb | 16.2g Fat | 35.6g Protein

#### ☀️ **Buttered Chicken gf/kf**

A Dish you don't want to miss. Roasted chicken breast smothered in a spiced tomato butter cream sauce, served with cilantro lime rice and green beans. Garnished with cilantro.

580 Cal | 50.6g Carb | 26.4g Fat | 42.8g Protein

Low Carb: 458 Cal | 20.6g Carb | 26.4g Fat | 41.8g Protein

#### ☀️ **White Castle Casserole gf**

Ground grass-fed beef with caramelized onions, seasoned green beans, white rice, pickle slices, cheddar cheese, and secret sauce.

*Sub cauliflower rice for low-carb*

543 Cal | 49.7g Carb | 24.1g Fat | 33.4g Protein

Low Carb: 420 Cal | 19.1g Carb | 24.1g Fat | 32.4g Protein

**\*\*NEW\*\* Loaded Sweet Potato Bowl gf**

Roasted sweet potato chunks, black bean and corn pico de gallo, fresh cilantro, shredded Jack cheese, and a cilantro lime crema.

*Add proteins Available.*

474 Cal | 52.1g Carb | 23.5g Fat | 14.5g Protein

**Blackened Mango Salmon gf/kf**

Blackened Atlantic Salmon, mango salsa, blanched broccoli, cilantro lime rice, and fresh lime wedge

495 Cal | 48.9g Carb | 15.2g Fat | 41.4g Protein

Low Carb: 362 Cal | 17.9g Carb | 15.2g Fat | 40.4g Protein

If you want more protein, vegetables, starches, or customization, please ch

eck out our **family style options** under the **Family Style tab.**