



Monday, September 11th Delivery

Save 20% on your first order with ***freshchef20*** at checkout!

Check out our family meal options this week. Details below.

🌟 **Chef Austin's Pick**

****NEW** 🌟 Chorizo Breakfast Tacos**

Choice of flour or corn tortillas. Neesvigs pork chorizo with potatoes, scrambled eggs, shredded cheddar cheese, and fire-roasted tomatillo salsa.

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

****NEW** 🌟 Hashbrown Casserole gf**

Jones Farm Breakfast sausage baked with shredded hashbrowns, cheddar cheese, and veggies. Served with fresh spinach leaf and jacks salsa. *Best re-heated in an air fryer.*

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

🌟 Apple Walnut Salad gf

Hundred Acre Spring Mix and spinach leaf, roasted green apples, cranberries, toasted almonds, roasted spiced butternut squash, feta cheese, and our fantastic Maple Balsamic. Add the Grilled Chicken Breast.

Add proteins available

439 Cal | 49.2g Carb | 22g Fat | 13.7g Protein

Chicken Florentine gf

Lemon and Herb grilled chicken breast topped with sundried tomato, artichoke, and spinach Parmesan cream cheese. Served with roasted potatoes and blanched green beans.

352 Cal | 32.8g Carb | 12.4g Fat | 33.3g Protein

Low Carb: 279 Cal | 12.8g Carb | 12.4g Fat | 33.3g Protein

🌟 Chipotle Chicken Burrito Bowl gf

Chili and lime roasted chicken tenders served with cilantro rice, roasted corn, black bean salsa, and grilled zucchini. Served with chipotle aioli.

Low carb available

595 Cal | 45.8g Carb | 31.8g Fat | 28.8g Protein

Low Carb: 463 Cal | 14.8g Carb | 31.8g Fat | 27.8g Protein

🌟 Turkey Chili

Are we ready for comfort? Mild Spice

Slow-cooked turkey chili with warm spices, accompanied by hatch chilis, smoked jalapenos, kidney beans, and veggies. Served with sour cream and a cornbread muffin. *For gluten-free, choose no muffin.*

Add works Available - Tomato and Jalapenos.

478 Cal | 21.2g Carb | 36g Fat | 36.8g Protein

****NEW** 🌟 Letty's Spinach and Veggie Pasta**

Penne Pasta with spinach leaf, mushrooms, grilled zucchini, roasted cherry tomatoes, vegetable alfredo, shaved parmesan, and an option to add proteins. Choose the shrimp! ;)

Add proteins Available | Gluten Free Available

427 Cal | 49.7g Carb | 22g Fat | 11.7g Protein

Low Carb: 260 Cal | 13.8g Carb | 21.7g Fat | 7g Protein

****NEW** Teriyaki Salmon Fried Rice**

Teriyaki and Ginger Roasted Salmon. Steamed white rice served with stir-fried veggies: corn, edamame, bell peppers, grilled zucchini, and roasted carrots. Served with teriyaki ginger chili sauce.

Gluten Free Available

589 Cal | 61.3g Carb | 18.2g Fat | 45.2g Protein

Low Carb: 457 Cal | 30.3g Carb | 18.2g Fat | 44.2g Protein

Family Style Meal Series - September

Large portions of family meals are available for your family. 4-6 Portions.

All are available under the [Specials tab](#).

-A tour of Italy-

9/11 Delivery - Chicken Parmesan

Breaded Chicken Cutlets topped with marinara and mozzarella cheese. Served with Spaghetti and a herbed cream sauce.

9/18 Delivery - Classic Bolognese Lasagna

Four Large portions of our signature bolognese lasagna. Layered with ricotta and mozzarella cheese. Red wine braised bolognese. Topped with our basil marinara and mozzarella cheese.

9/25 Delivery - Grilled Chicken Marsala

Grilled chicken breast smothered in marsala wine mushroom sauce. Served with green beans and mashed potatoes.