



## Monday, September 25th 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**

#### 🌟 **Pretzel Breakfast Sammie gf/kf**

Perfect for on-the-go! A Local Pretzel Bun with hand-cut ham steak, Nuske's bacon strips, scrambled egg, and herbed cream cheese spread. Served with arugula and roasted tomatoes. YES PLEASE!

*Add fresh fruit available*

552 Cal | 33.1g Carb | 34.8g Fat | 32.5g Protein

#### **Chorizo Breakfast Burrito Bowl gf**

Ground chorizo sausage, scrambled eggs, black bean, tomato, corn medley, roasted red-skin potatoes, and shredded cheddar cheese served with an avocado tomatillo salsa.

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

#### 🌟 **Freshchef House Salad - gf/kf**

Hundred-acre spring mix, sweet cherry tomatoes, cucumbers, pickled red onions, roasted corn, bacon, feta cheese, and creamy parmesan dressing. **Remember the grilled salmon or sirloin!**

450 Cal | 28g Carb | 20.4g Fat | 31g Protein

#### 🌟 **Pesto Cream Chicken Gnocchi**

Grilled marinated chicken breast, blanched gnocchi, parmesan cream sauce, homemade pesto.

*Zoodles for low carb available | Contains Walnuts |*

587 Cal | 34.5g Carb | 27.1g Fat | 50.6g Protein

Low carb - 356 Cal | 15.9g Carb | 19.9g Fat | 47.5g Protein

#### 🌟 **BBQ Roasted Chicken gf/kf**

Roasted Chicken leg quarter, blanched broccoli, brown butter smashed sweet potatoes. Side of BBQ sauce.

*Sub chicken breast available | cauliflower rice for low-carb*

512 Cal | 34.2g Carb | 20.3g Fat | 48.7g Protein

#### **\*\*NEW\*\* Freshchef Beef Stew**

Grass Fed Roast beef tenderloin, steamed baby carrots, green beans, peas, corn, Yukon potatoes, beef gravy, and fresh parsley.

*Sub zoodles for low-carb*

450 Cal | 30g Carb | 22.4g Fat | 31.8g Protein

### **Curry Vegetable Pasta df**

Bow-tie pasta, dairy-free yellow curry sauce, peas, corn, grilled zucchini, shredded carrots, red bell pepper, broccoli, cilantro, and fresh lime. psst...**Add the shrimp :)**

343 Cal | 63.2g Carb | 6.7g Fat | 11g Protein

Chicken : 443 Cal | 64.2g Carb | 8.7g Fat | 33g Protein

### **Sweet Chili Roasted Salmon g|df**

Roasted salmon, sweet chili garlic sauce, green beans, steamed cilantro white rice, shredded carrots, marinated cucumber, and bell pepper.

*Sub cauliflower rice for low-carb*

460 Cal | 57.3g Carb | 15.8g Fat | 36.9g Protein

Low Carb: 338 Cal | 27.3g Carb | 15.8g Fat | 35.9g Protein

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## **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-***

#### **9/25 Delivery - Grilled Chicken Marsala**

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