



Monday, October 16th Delivery

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

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

FRESHCHEF TOP SELLER MENU!

Chef Austin's Pick

Chorizo Breakfast Burrito

Local pork Chorizo, roasted potatoes, cheddar cheese, fajita veggies. Served with a tomatillo avocado salsa.

485 Cal | 48g Carb | 18g Fat | 28g Protein

Pumpkin Spiced Seasonal Baked Oatmeal gf

Old-fashioned oats, milk, cinnamon, honey, pumpkin, walnuts, and pumpkin spice. Served with a side of maple syrup and Greek yogurt. YES PLEASE!

455 Cal | 28g Carb | 26g Fat | 32g Protein

Grilled Chicken Greek Salad gf/kf

Spring mix, Grilled chicken breast. Cucumber, cherry tomato, pickled red onions, feta cheese, Kalamata olives and banana peppers, and Greek dressing.

487 Cal | 29.6g Carb | 30.4g Fat | 32.2g Protein

Peanut Chicken Lo Mein df

Lo mein noodles, sesame chicken thighs, peas, roasted carrots, red pepper, and edamame, garnished with scallions, bell peppers, crushed peanuts, and peanut chili sesame sauce.

460 Cal | 40g Carb | 26.8g Fat | 45g Protein

Low Carb: 247 Cal | 13g Carb | 26.8g Fat | 42g Protein

Chipotle Chicken Burrito Bowl gf

Chipotle Roasted Chicken tenders served with cilantro lime steamed rice, roasted corn, black bean and grilled zucchini relish. Served with chipotle aioli, fresh cilantro and lime.

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

Bourbon Meatballs

Beef and chicken meatballs, glazed with a sweet and tangy bourbon glaze, served with blanched green beans, roasted carrots, and mashed potatoes.

475 Cal | 40g Carb | 19.1g Fat | 31.7g Protein

Jalapeño Popper Salmon gf

Herb and garlic marinated salmon filet, topped with jalapeño, sundried tomato, and artichoke cream cheese. Blanched broccoli and roasted potatoes.

Mild spice

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

Low Carb: 404 Cal | 15.9g Carb | 24.3g Fat | 39.1g Protein

Family Style Meal Series - October

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

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

-Oktoberfest-

10/16 Delivery - Sausage Platter

Sausage trio of grilled sausages served with pretzel rolls, sauerkraut, and German potato salad.

10/23 Delivery - Perogies

Cheese and potato-filled pan-fried perogies are served with grilled kielbasa sausage, caramelized onions, and braised cabbage.

10/30 Delivery - German Goulash

Braised beef with tomato-based broth, paprika, and vegetables. Served with spaetzle and braised red cabbage.

Soup Special

Creamy Chicken Enchilada

Tomato and chipotle broth-based soup. Onions, celery, and bell peppers. Corn, Black beans topped with shredded chipotle chicken and tortilla strips.

64 oz serving size; one quart.