



Monday, October 23rd 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**

****NEW** Breakfast Sammie**

Pretzel bun. Choice of smoked salmon or grilled sirloin.

Salmon: Salmon lox, pickled onions, lemon dill caper cream cheese, arugula.

Sirloin: Freshchef signature grilled sirloin, scrambled eggs, herb cream cheese, caramelized onions, arugula.

SALMON - 507 Cal | 47.5g Carb | 23.7g Fat | 24.3g Protein

SIRLOIN - 548 Cal | 47.5g Carb | 24g Fat | 35.1g Protein

Spanish Chorizo and Potato Egg Bites *gf*

Chorizo pork sausage, cherry tomatoes, mozzarella cheese, scallions. Served with bed-on spinach and a choice of fresh pineapple or breakfast potatoes, and Jack's Cantina Salsa.

388 Cal | 29g Carb | 16.8g Fat | 30.2g Protein

Southwest Chicken Cobb Salad *gf/kf*

Hundred Acre spring mix, roasted sweet corn, black beans, cherry tomatoes, cucumbers, roasted fajita vegetables and grilled chicken. Served with a creamy avocado cilantro lime dressing.

Sub Shrimp or Salmon Available

450 Cal | 28g Carb | 18.8g Fat | 31g Protein

****NEW** Curry Chicken Pasta *df***

Marinated grilled chicken, bow tie pasta, peas, roasted carrots, bell pepper and broccoli, coconut curry sauce, fresh lime, and cilantro!

*Sub zucchini noodle for *gf**

437 Cal | 43.5g Carb | 17.8g Fat | 49.2g Protein

Low Carb (*GF*): 360 Cal | 9.4g Carb | 12.2g Fat | 50.1g Protein

****NEW** Chicken Bacon and Ranch Burrito**

Herb tortilla, Freshchef grilled marinated chicken, applewood smoked bacon, shredded cheddar cheese and Freshchef ranch.

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

****NEW** BBQ Meatloaf GF**

Beef and pork meatloaf topped with sweet baby rays bbq sauce served with corn and edamame succotash and whipped Yukon gold mashed potatoes.

Vegetable sub available | low carb available

580 Cal | 67.8g Carb | 16.8g Fat | 38.5g Protein

Low Carb: 495 Cal | 46.8g Carb | 17.1g Fat | 37.4g Protein

Vegetable Fried Rice df

Steamed white rice, carrots, corn, peas, grilled zucchini, and yellow squash. Red bell peppers, broccoli, scallions, and fried eggs. Served with a teriyaki sauce. **Psst.. add the shrimp.**

Add protein available | Gluten-free available with no sauce

339 Cal | 69.3g Carb | 3g Fat | 8.4g Protein

Low Carb: 206 Cal | 38.3g Carb | 3g Fat | 7.4g Protein

Chicken: 439 Cal | 70.3g Carb | 5g Fat | 30.4g Protein

Shrimp: 399 Cal | 70.1g Carb | 3.9g Fat | 20g Protein

Blackened Salmon and Quinoa gf/df

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

Low Carb: 460 Cal | 12.4g Carb | 26.1g Fat | 41g 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-

10/23 Delivery - Perogies

Cheese and potato-filled pan-fried perogies are served with grilled kielbasa sausage, caramelized onions, sour cream 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

Mushroom and Wild Rice

Cream based soup with roasted wild mushrooms, wild rice, carrots, celery, onions, butter and cream.