



## Monday, October 30th 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**

#### 🌟 **Protein Breakfast Bowl gf**

Roasted Yukon and sweet potatoes, caramelized onions, bacon, breakfast sausage, scrambled eggs, mustard beer cheese sauce, and chives.

460 Cal | 48g Carb | 28g Fat | 34g Protein

#### **Steak Breakfast Tacos**

Scrambled eggs, cheddar cheese, roasted beef tenderloin, tortillas, chipotle aioli, pico de gallo salsa.

*Gluten-free available.*

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

#### 🌟 **\*\*NEW\*\* Grilled Chicken Caesar Salad gf**

Hundred-acre spring mix and romaine lettuce blend. Grilled chicken breast, cherry tomatoes, shaved parmesan, croutons, homemade caesar dressing.

*Sub Shrimp or Salmon Available | No croutons for GF available*

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

#### **\*\*NEW\*\* BBQ Chicken Alfredo Pasta**

Freshchef's grilled chicken breast sauced in Sweet Baby Rays BBQ sauce served on a bed with creamy fettuccine pasta and fresh spinach leaf.

*Sub zucchini noodles for gf and low-carb*

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 Mushroom Bruschetta gf**

Marinated chicken breast topped with a mushroom bruschetta - mushrooms, caramelized onions, lemon juice, and diced tomatoes. Topped with an herb cream cheese. Served with blanched broccoli and roasted potatoes

*Low carb available*

452 Cal | 48g Carb | 17g Fat | 34g Protein

**LOW CARB - 316 Cal | 18g Carb | 17g Fat | 33g Protein**

**☀️\*\*NEW\*\* Turkey Philly Cheese Bowl gf**

Philly-seasoned ground turkey, onions, garlic, and spices. Steamed white rice, roasted fajita vegetables, grilled zucchini, mixed cheese, and homemade nacho cheese sauce.

*low carb available | dairy-free available*

432 Cal | 42g Carb | 12.1g Fat | 41.6g Protein

LOW CARB - 318 Cal | 7.5g Carb | 12.5g Fat | 40g Protein

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

Roasted sweet potato chunks, cauliflower, poblano peppers, black bean and corn pico, fresh cilantro, shredded Jack cheese, and a cilantro lime crema.

*Add proteins Available | dairy-free available*

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

**\*\*NEW\*\* Shrimp and Andouille Boil gf/df**

Inspiration from Chef Austin's Vacation. Cajun roasted shrimp, andouille sausage, steamed baby potatoes, corn, creole broth, lemon wedge, and fresh parsley.

*Sub chicken for shrimp available*

556 Cal | 32.6g Carb | 25.4g Fat | 42.5g Protein

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## 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-

### 10/30 Delivery - German Goulash

Braised beef with tomato-based broth, diced tomatoes, smoked paprika, bell peppers, and carrots. Served with buttered spaetzle and braised red cabbage.

SERVES 4-6

## Soup Special

### Broccoli and Cheese Soup

Vegetable-based soup, broccoli, Hooks Aged Cheddar cheese, carrots, celery and onions.

[Please check out our specials here!](#)