



Monday, October 9th 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**

🌟 **Breakfast Burrito**

Scrambled eggs, bacon, sweet potatoes, cheddar cheese, roasted onions. Herbed tortilla. Served with Jack's cantina salsa.

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

Shakshuka Breakfast gf

Originated in Ottoman North Africa. Egg dish simmered with spices, roasted tomatoes, onions, garlic, and cumin. Served with roasted potatoes, fresh spinach, feta cheese, and parsley.

370 Cal | 39g Carb | 15g Fat | 23g Protein

🌟 **Peanut Crunch Edamame Salad**

Red and napa cabbage mix, edamame, bell peppers, roasted peanuts, carrot slaw, cucumber, cilantro, mandarin, oranges, and sesame grilled chicken. Served with a side of sesame peanut dressing

541 Cal | 41.7g Carb | 30.7g Fat | 26.4g Protein

****NEW**** 🌟 **Tomatillo Chicken gf/df**

Shredded chicken simmered in a fired-roasted tomatillo sauce, corn, cilantro, and lime. Served with steamed white rice and garnished with fresh cilantro.

Add tortillas available

344 Cal | 28.9g Carb | 11.2g Fat | 31.5g Protein

🌟 **Chicken and Sausage Rigatoni**

Grilled Italian sausage and chicken breast, rigatini pasta, house marinara, and mozzarella cheese.

Sub zoodles for low-carb and gluten-free

444 Cal | 48g Carb | 15g Fat | 30g Protein

🌟 **Pork Carnitas gf/kf**

Slow braised pork shoulder, blanched broccoli, roasted carrots, steamed white rice, bell peppers, tomatillo salsa, and cotija cheese, chives.

Sub cauliflower rice for low-carb

478 Cal | 40.6g Carb | 19.1g Fat | 31.7g Protein

Black Bean Burger

Black bean vegetarian burger, spices, and quinoa. Served with split top bun, spring mix, roasted tomatoes, and chipotle aioli.

Low Carb lettuce wrap Available | Sub Beef patty available

427 Cal | 55.4g Carb | 9.1g Fat | 23.4g Protein

Low Carb (GF): 273 Cal | 26.8g Carb | 7.3g Fat | 17.4g Protein



Bourbon Glazed Roasted Salmon gf/df

Herb and garlic marinated salmon filet, glazed with tangy bourbon sauce, served with blanched green beans, roasted potatoes, and bagel seasoning.

Sub cauliflower rice for low-carb

420 Cal | 33.4g Carb | 15.1g 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-

10/9 Delivery - Pork Schnitzel

Breaded pork cutlets fried and served with mushroom and onion gravy, homemade spaetzle, and fried green cabbage. The choice to add a pretzel bread pudding for dessert.

(for reheating: place cutlets in the oven on a cookie sheet at 400 degrees (preheated) for 12 minutes.

Heat gravy and sides in the microwave until hot)

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.