



Monday, November 13th 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**

Local Pretzel Bun. Hand-cut ham, bacon, scrambled egg, herbed cream cheese spread. Served with arugula and roasted tomatoes.

Add fresh fruit available

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

Chorizo Breakfast Burrito Bowl gf

Ground Turkey Chorizo Sausage, scrambled eggs, black bean and corn medley, roasted yellow potatoes, cheddar cheese, avocado tomatillo salsa.

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

☀️ **Freshchef 7 Layered Salad gf**

A Freshchef favorite. Hundred Acre Spring Mix, roasted corn, peas, red bell pepper, bacon, cheddar cheese, scallions, creamy herbed dressing.

Add chicken, steak, or shrimp available

403 Cal | 28.7g Carb | 26.9g Fat | 15.5g Protein

☀️ **Elote Chicken Pasta**

Freshchefs grilled chicken breast, penne pasta, hatch chili cream sauce, roasted corn and poblano relish, tomato, cilantro, and lime.

545 Cal | 42g Carb | 26g Fat | 32g Protein

Low Carb (GF): 322 Cal | 11.2g Carb | 26g Fat | 31g Protein

****NEW** Hawaiian Teriyaki Chicken df**

Roasted chicken breast, teriyaki pineapple glaze, roasted pineapple, edamame, carrots, red bell pepper, and steamed white rice.

Sub cauliflower rice for low-carb

430 Cal | 32g Carb | 15g Fat | 38g Protein

Low Carb: 380 Cal | 16.2g Carb | 18.15g Fat | 37g Protein

☀️ ****NEW** White Bean and Sausage Kale Soup gf**

YUM! Warm up with this cozy dish. Ground pork sausage, red potatoes, white beans, carrots, celery, onions, kale, and shaved parmesan.

416 Cal | 16.3g Carb | 18.6g Fat | 23.5g Protein

Naturally, a low-carb meal

****NEW** Bettys Empanadas**

If you had the pleasure to eat this months ago, THEY ARE BACK! Beans, cheese, onions, and garlic stuffed between empanada dough and fried to perfection and served with a red sauce.

Two Empanadas

525 Cal | 82g Carb | 28g Fat | 24.6g 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: 329 Cal | 13.1g Carb | 15g Fat | 38.2g Protein

Family Style Meal Series - November

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

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

November 13th Delivery - Chicken Curry

Grilled Chicken Breast with a coconut curry sauce. Roasted vegetable Medley, Steamed white rice. Cilantro and lime.

***To reheat:** On a plate or a bowl, place pasta down and top with grilled chicken and vegetables. Pour curry sauce on top and warm for 3 minutes in the microwave.*

Soup Special

Shrimp and Lobster Bisque

A velvety tomato-based and cream soup layered with onions, garlic, sherry, lobster stock, shrimp, and herbs.

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