



Monday, November 20th Delivery

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

☀️ *Chef Austin's Pick*

☀️ **Steak and Eggs Hash gf/kf**

Grilled beef tenderloin, organic scrambled eggs, roasted potato and onion pepper hash. Cheddar cheese and chives. Jack's salsa.

374 Cal | 20.5g Carb | 20.2g Fat | 26.1g Protein

Spinach Bacon and Feta Egg Bites gf

A Freshchef Original Gangster. Egg whites, spinach, bacon, feta cheese, and bell peppers. Served with a bed of spinach and breakfast potatoes or pineapple.

450 Cal | 45g Carb | 31g Fat | 15g Protein

☀️ **Greek Chicken Salad gf**

Take advantage of this one. Hundred Acre Spring Mix, cherry tomato, banana peppers, feta cheese, pickled red onions, cucumbers, kalamata olives, grilled chicken, lemon Greek dressing.

Sub Salmon available.

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

☀️ ****NEW** Chicken and Mushroom Rigatoni**

Rigatoni pasta topped with grilled chicken breast, roasted red bell pepper cream sauce, mushroom bruschetta, and herb cream cheese.

Zoodles for low carb | Gluten free

558 Cal | 47.3g Carb | 28.8g Fat | 33.3g Protein

Low Carb (GF): 377 Cal | 8.8g Carb | 28.2g Fat | 27.7g Protein

☀️ **Butter Chicken gf/kf**

A Dish you want to take advantage of. Roasted chicken breast smothered in a spiced tomato butter cream sauce, served with cilantro lime rice and green beans. Garnished with cilantro.

580 Cal | 50.6g Carb | 26.4g Fat | 42.8g Protein

Low Carb: 458 Cal | 20.6g Carb | 26.4g Fat | 41.8g Protein

☀️ **Chili Cheese Mac gf**

We are bringing back a meal from Chef Austin's childhood. Beef chili loaded with veggies, beans, tomato sauce, onions, and garlic and served on elbow macaroni, shredded cheddar cheese, and scallions.

Sub zoodles for low-carb, gluten free | add jalapeños available

478 Cal | 21.2g Carb | 36g Fat | 36.8g Protein

Low Carb: 458 Cal | 20.6g Carb | 26.4g Fat | 41.8g Protein

****NEW** 🌟 Shrimp Stir fry**

Ginger and garlic roasted shrimp, steamed white rice, asparagus, bell peppers, grilled zucchini, edamame, broccoli, carrots, and scallions. It is served with a stir-fry sauce, sesame, scallions, and fortune cookie.

Cauliflower Rice low-carb

462 Cal | 62.5g Carb | 3.7g Fat | 24.9g Protein

Low Carb: 301 Cal | 47.1g Carb | 3g Fat | 22.3g 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](#).

Family Meals will resume 11/17/2023

Soup Special

Butternut Squash Bisque

Roasted butternut squash with cinnamon and honey. Vegetable stock, cream, and butter. Topped with toasted spiced pumpkin seeds.

32oz serving

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