

Monday, December 4th Delivery

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

₩Chef Austin's Pick

Seasonal Baked Oatmeal gf

Old-fashioned oats, milk, cinnamon, honey, *cranberry swirl*, white chocolate chips. Served with a bed of spinach, fresh berries, maple syrup, and Greek yogurt.

455 Cal | 28g Carb | 26g Fat | 32g Protein

★Sweet Potato and Turkey Hash ■ Turkey Hash

Scrambled eggs, roasted sweet potato, pepper and onion hash, ground turkey sausage, and cheddar cheese. Chipotle Hollandaise Sauce.

No dairy option is available

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

Pesto Chicken Salad gf/kf

<u>Hundred Acre</u> spring mix, basil, grilled zucchini and yellow squash, cherry tomato, cucumber, shaved parmesan, grilled chicken, *nut-free* white balsamic pesto dressing.

swap proteins available

362 Cal | 15.5g Carb | 29.9g Fat | 10.8g Protein

Chicken Sausage and Pepper Bowl gf

Grilled sausage medley, Italian and andouille sausages, grilled chicken breast. Served on a bed of white rice, roasted bell peppers and onions, house marinara, mozzarella cheese, and parsley.

Sub cauliflower rice for low-carb

432 Cal | 37.6g Carb | 15.4g Fat | 38.7g Protein

Low Carb - 398 Cal | 23.6g Carb | 15.3g Fat | 39.1g Protein

Chicken Cordon Bleu gf

Lemon and herbed grilled chicken breast, Bavarian smoked ham, lemon butter sauce, mozzarella cheese, green beans, and roasted potatoes.

490 Cal | 33.1g Carb | 19.5g Fat | 50.3g Protein

Low Carb - 410 Cal | 11.5g Carb | 19.9g Fat | 49.8g Protein

XDandan Noodles

A famous Sichuan street food. Hoisin garlic and ginger sauce. Ground Turkey, lo mein noodles, roasted carrots, and blanched broccoli. Topped with scallions and sesame.

437 Cal | 36.9g Carb | 14.7g Fat | 35.4g Protein

Low Carb - 321 Cal | 17.9g Carb | 12.4g Fat | 31.5g Protein

₩Tuscan Tomato Gnocchi

Blanched potato gnocchi, tomato basil cream sauce, roasted cherry tomatoes, fresh spinach, grilled zucchini, and shredded parmesan cheese.

zoodles for low carb and GF | add proteins available | 373 Cal | 52.6g Carb | 14.8g Fat | 10.8g Protein

Low Carb - 301Cal | 42.4g Carb | 10g Fat | 17.4g 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

Family Style Meal Series - December

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

All are available under the **Specials tab**.

12/4 Delivery - Scallop Potatoes and Pulled Ham

Cheesy scalloped potatoes with mixed cheeses, pulled braised ham, blanched broccoli, and a side salad.

Please check out our specials here!