



**Monday, January 1st Delivery**

**Happy New Year!**

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

***Chef Austin's Pick***

**Pretzel Breakfast Sandwich**

Miller Pretzel Bun, hand-cut carved ham, scrambled eggs, and sliced cheddar cheese, served with arugula roasted Roma tomatoes with herbed cream cheese spread extra flavor!

451 Cal | 28.6g Carb | 23.4g Fat | 33g Protein

***\*\*NEW\*\** Grilled Steak Breakfast Bake GF**

Shredded hash brown, grilled sirloin, bell peppers, onions, shredded jack, and cheddar cheese. Served on a bed of spinach, homemade salsa, fresh strawberries, and blueberries.

323 Cal | 29.5g Carb | 10.8g Fat | 26.9g Protein

***☀️* Freshchef Cobb Salad gf/kf**

Hundred Acre Spring Mix, boiled egg, pickled red onion, bacon, feta cheese, cherry tomato, green peas, scallions. Creamy herb dressing.

*Add proteins available*

439 Cal | 7.1g Carb | 32.3g Fat | 26.9g Protein

**Tomato Basil Chicken Pasta**

Marinated herbed chicken breast served with penne pasta, tomato, basil bruschetta, olive oil, shredded parmesan cheese, and basil aioli.

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

**Low Carb (GF):** 388 Cal | 18.2g Carb | 15g Fat | 30g Protein

**BBQ Roasted Chicken gf/kf**

Roasted Chicken leg quarter, blanched broccoli, brown butter smashed sweet potatoes. Side of BBQ sauce.

*Sub chicken breast available | cauliflower rice for low-carb*

512 Cal | 34.2g Carb | 20.3g Fat | 48.7g Protein

**Low Carb (GF):** 445Cal | 18.2g Carb | 20.3g Fat | 48g Protein

***\*\*NEW\*\** ☀️ Carnita Burrito**

Slow-cooked carnitas pork, steamed white rice, hominy, pico de gallo salsa, shredded cheddar cheese, and served with a cilantro dipping sauce.

*Turn into a bowl for low-carb and Gluten Free*

502 Cal | 29g Carb | 35g Fat | 17.2g Protein

**Low Carb:** 365 Cal | 16.8g Carb | 31.4g Fat | 13.5g Protein

### **Vegetarian Mexican Lasagna *gf***

There are lots of veggies here! Roasted bell peppers, onions, garlic, zucchini, sweet potato, black beans, corn, and poblano peppers are laid on corn tortillas, covered in chipotle red sauce, mixed cheeses, and cilantro for garnish and served with a side of sour cream.

556 Cal | 76.5g Carb | 21g Fat | 16.7g Protein

### ***\*\*NEW\*\** Red Beans and Rice with Shrimp *gf***

A classic New Orleans-style dish with layers of flavor. Red beans, carrots, celery, onions, collard greens, tomato broth, cajun pork sausage, steamed white rice, roasted shrimp, and scallions.

*Salmon sub available | Sub cauliflower rice for low-carb*

441 Cal | 66.9g Carb | 19.1g Fat | 25.5g Protein

*Low Carb (GF):* 345 Cal | 45.2g Carb | 9.2g Fat | 25.2g Protein

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## **Family Style Meal Series - WILL RETURN IN JANUARY**

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

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

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