



Monday, December 18th Delivery

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

Chef Austin's Pick

Steak and Bagel Breakfast Sandwich

Freshly baked bagel, grilled steak tenderloin, scrambled egg, cheddar cheese, and chipotle aioli. Served arugula and roasted Roma tomatoes.

556 Cal | 41.3g Carb | 20.3g Fat | 30.4g Proteins

****NEW** Carnitas Breakfast Burrito**

Slow braised shredded pork, scrambled eggs, pico de gallo, and shredded cheddar cheese. Served with a tomatillo salsa.

Dairy free option available

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

Crumbled Feta Salad gf/kf

Hundred Acre Spring Mix. Cherry tomatoes, cucumbers, pickled red onions, roasted corn, feta cheese, and homemade balsamic vinaigrette. You'll need the balsamic grilled sirloin on this one :)

Add proteins available

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

****NEW** Chicken and Bacon Pasta**

Penne pasta with baby spinach, grilled chicken breast, homemade alfredo sauce, hickory smoked bacon, shredded parmesan, and scallions.

473 Cal | 47.1g Carb | 14.6g Fat | 39.3g Protein

Low Carb (GF): 306 Cal | 11.2g Carb | 14.2g Fat | 34.7g Protein

****NEW** Diane's Chicken Reuben gf**

Grilled chicken breast topped with sauerkraut, shredded swiss cheese and served with a thousand island dressing on the side. Roasted potatoes and green beans.

507 Cal | 47.2g Carb | 20.5g Fat | 36g Protein

Low Carb (GF): 422 Cal | 26.1g Carb | 20.8g Fat | 35g Protein

BBQ Meatloaf gf

Beef and pork meatloaf topped with sweet baby Rays BBQ sauce served with buttered corn and whipped Yukon gold mashed potatoes.

Vegetable sub available | low carb available

580 Cal | 67.8g Carb | 16.8g Fat | 38.5g Protein

Low Carb (GF): 320 Cal | 9.1g Carb | 15.1g Fat | 43.1g Protein

Loaded Sweet Potato Bowl gf

Roasted sweet potato chunks, cauliflower, poblano peppers, black bean and corn pico, fresh cilantro, shredded Jack cheese, and a cilantro lime crema.

Add proteins Available.

474 Cal | 52.1g Carb | 23.5g Fat | 14.5g Protein

****NEW** Spicy Shrimp Poke Bowl gf | df**

Steamed white sushi rice. Edamame, pickled carrots and cucumber, grilled zucchini, red cabbage, and red bell pepper. Served with Bang Bang honey Sriracha sauce and roasted shrimp.

Sub salmon available | Sub Cauliflower rice available for low-carb

494 Cal | 47.1g Carb | 23.7g Fat | 22.4g Protein

Low Carb (GF): 338 Cal | 13.1g Carb | 23g Fat | 20.4g 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](#).

12/18 Delivery - Chicken Pot Pie Casserole

Roasted chicken breast, herb cream sauce, carrots, peas, cauliflower and corn, topped with cheddar and chive drop biscuits. Served with a side salad and an option to add brownie cheesecake for dessert.

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