



## Monday, January 15TH Delivery

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### ***Chef Austin's Pick***

#### **Breakfast Egg Bites**

Four fluffy egg bites filled with Tender grilled steak, mushrooms, caramelized onions and Swiss cheese.  
Served with a side of Jack's Cantina Salsa.

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

#### **Breakfast Enchiladas - gf**

Turkey Chorizo, scrambled eggs, roasted sweet potatoes, black beans, corn tortillas, enchilada sauce, cheddar cheese, and chopped cilantro.

*Gluten free*

485 Cal | 48g Carb | 18g Fat | 28g Protein

#### **Freshchef Beet Salad**

Jumbo roasted red beets, house pickled red onions, cooked farro, toasted walnuts, crumbled feta cheese, cranberries, arugula, local Hundred Acre spring mix and arugula, served with a lite vinaigrette.

*Protein options available | Gluten Free Available*

399 Cal | 24.7g Carb | 29.6g Fat | 10.5g Protein

#### **NEW** **Greek Chicken gf**

Tender grilled chicken breast served with steamed white rice, grilled zucchini, roasted pepper and onions, tzatziki sauce, cucumber tomato, and feta cheese relish—option to add pita available.

*Low Carb Available | Dairy-free available*

462 Cal | 55.3g Carb | 8.4g Fat | 39.7g Protein

Low Carb: 282 Cal | 15.2g Carb | 8.7g Fat | 37.6g Protein

#### **Chipotle Chicken Sandwich**

Brioche bun with lemon garlic grilled chicken breast, pepper jack cheese, chipotle aioli, pico de gallo salsa with a side option of sweet potato fries or side salad.

*Sub lettuce wraps for low-carb and gluten-free*

611 Cal | 55.1g Carb | 26g Fat | 35.6g Protein

Low Carb: 444 Cal | 29.6g Carb | 21g Fat | 31.2g Protein

#### **Turkey Taco Cantina Bowl gf/kf**

Taco-seasoned ground turkey, cilantro lime rice, tomato, roasted corn, black beans, cheddar cheese, avocado cream sauce.

478 Cal | 40.6g Carb | 19.1g Fat | 31.7g Protein

Low Carb: 345 Cal | 24g Carb | 14.3g Fat | 35.3g Protein

### **Beef Bolognese Pasta gf**

A freshchef classic - Simmered beef bolognese with red wine, carrots, celery, onions, tomato sauce, and cream. Served with a bed of penne pasta and topped with mozzarella, parmesan cheese, and fresh parsley.

*Sub zoodles for low-carb and gluten-free*

450 Cal | 30g Carb | 22.4g Fat | 31.8g Protein

*Low Carb (GF):* 383 Cal | 15.1g Carb | 22.5g Fat | 30.7g Protein

### **\*\*NEW\*\* Veggie Thai Noodle Salad**

Wheat noodles, red cabbage, shredded carrots, peas, bell peppers, scallions, Coconut Thai peanut sauce, crushed peanuts, fresh lime wedges, and cilantro. *Psst add the shrimp!*

*Add proteins Available. | Gluten-free available*

397 Cal | 42.6g Carb | 12.6g Fat | 19.5g Protein

*Low Carb (GF):* 231 Cal | 29.4g Carb | 10.4g Fat | 9.9g Protein

### **Lobster and Shrimp Salmon gf**

Roasted salmon, topped with lobster shrimp sauce and chives. Served with white rice and blanched green beans.

447 Cal | 25.5g Carb | 21.9g Fat | 39.8g Protein

*Low Carb:* 412 Cal | 17.2g Carb | 22.1g Fat | 40.6g Protein

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## **Family Style Meal Series -**

### **1/15/2024 Delivery**

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

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

### **Carnita Taco Kit - Serves 4-5**

One pound of braised Carnita's (Shredded Pork), Flour tortillas, pico de gallo, pickled red onions, and cilantro lime sauce.

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