



Monday, April 15th Delivery

Save 20% on your first order with ***freshchef20*** at checkout!
Single-serving meals are available for bulk discount.

🌟 **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 for extra flavor!

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

🌟 **Corned Beef and Potato Hash**

Corned beef hash with roasted potatoes, onions, bell peppers, scrambled eggs, hollandaise sauce, and chives.

365 Cal | 20.5g Carb | 17.8g Fat | 30.5g Proteins

****NEW** Freshchef Cobb Salad gf/kf**

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

Add proteins available

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

🌟 **BBQ Roasted Chicken gf/kf**

Grilled chicken leg quarter served with blanched broccoli and brown butter smashed sweet potatoes, accompanied by BBQ sauce.

Sub chicken breast available | cauliflower rice for low-carb
512 Cal | 34.2g Carb | 20.3g Fat | 48.7g Protein

Chicken Cordon Bleu gf

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

443 Cal | 12.9g Carb | 20.7g Fat | 55.5g Protein

****NEW** 🌟 Penne A La Vodka with Meatballs**

Prepare to indulge in this delicious creation! Enjoy al dente penne noodles coated in a creamy tomato vodka sauce with a gentle hint of spice, paired with savory beef and chicken meatballs, garnished with shaved Parmesan and fresh chiffonade basil.

Opt for cauliflower rice for a low-carb alternative.

435 Cal | 40.5g Carb | 15.5g Fat | 30.5g Protein

Low Carb (GF): 300 Cal | 9.5g Carb | 15.8g Fat | 28.4g Protein

Turkey Club Sandwich

Ciabatta bread, in-house roasted sliced turkey, Nueske's Bacon, cheddar cheese, spring mix, roasted Roma tomato—Basil aioli.

676 Cal | 44.3g Carb | 41.5g Fat | 43.7g Protein

Lettuce Wrap: 479 Cal | 8.2g Carb | 39.5g Fat | 36.9g Protein

****NEW** Veggie Bell Pepper Boats**

Bell pepper halves filled with roasted corn, black beans, grilled zucchini, sweet potatoes, and black olives, all smothered in tomato sauce and topped with melted shredded cheese. Optional jalapeños are available for an extra kick.

497 Cal | 36.3g Carb | 22g Fat | 35g Protein

Jalapeño Popper Salmon gf

Herb and garlic marinated salmon filet, topped with jalapeño, sundried tomato, and artichoke cream cheese. Blanched broccoli and roasted potatoes.

Mild spice

420 Cal | 33.4g Carb | 15.1g Fat | 39.1g Protein

Low Carb: 329 Cal | 13.1g Carb | 15g Fat | 38.2g Protein
