



## Monday, May 5th Delivery

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

### ☀️ **Chef Austin's Pick**

#### ☀️ **Sweet Potato and Turkey Hash GF**

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

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

#### **Shakshuka Breakfast GF**

Fresh leaf spinach, roasted Yukon potatoes, scrambled eggs, spiced tomato sauce, roasted cherry tomatoes, feta cheese, chopped parsley.

370 Cal | 39g Carb | 15g Fat | 23g 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*

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

#### ☀️ **Chicken Pesto Sandwich**

Ciabatta bun, grilled chicken breast, sliced mozzarella, Basil pesto (nut free), roasted tomato, arugula, choice of side salad, or sweet potato fries.

*Sub lettuce wrap for low carb and gluten free*

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

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

#### ☀️ **Chicken Picatta gf**

Lemon and garlic roasted chicken breast, lemon cream caper sauce, fettuccine pasta, green beans, fresh parsley and lemon wedge.

*Sub zoodles for low-carb GLUTEN FREE*

488 Cal | 44.6g Carb | 18.6g Fat | 28g Protein

Low Carb (GF): 306 Cal | 11.2g Carb | 18.6g Fat | 28g Protein

#### **\*\*NEW\*\*** ☀️ **Carnitas Tacos**

Our slow cooked pork shoulder seasoned to perfection. Served with flour tortillas, grilled vegetables, yellow rice and seasoned black beans and tomatillo salsa.

*Sub corn tortillas for gluten free*

457 Cal | 33.3g Carb | 12.1g Fat | 38.9g Protein

Low Carb (GF): 306 Cal | 11.2g Carb | 18.6g Fat | 39g Protein

**\*\*NEW\*\* Thai Noodle Salad gf**

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

*Add proteins 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 -**

**5/6/2024 Delivery**

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

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

**Bourbon Chicken**

Our signature grilled chicken tossed in a sweet and tangy bourbon glaze. Served with broccoli and roasted carrots and vegetable rice pilaf.

*To serve: Heat chicken for 3 minutes on high along with rice and vegetables. Served Chicken on top of the rice pilaf and vegetables as the side.*

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