



## Monday, June 10th Delivery

**WELCOME ILLINOIS!**

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

*Single-serving meals are available for bulk discount.*

🌟 **Chef Austin's Pick**

### **Cinnamon Apple Baked Oatmeal gf**

Old-fashioned oats, milk, honey, and stewed cinnamon apples. Served with a side of maple syrup and Greek yogurt.

455 Cal | 28g Carb | 26g Fat | 32g Protein

### **Freshchef House Salad - gf/kf**

[Hundred Acre Spring Mix](#), sweet cherry tomatoes, cucumbers, pickled red onions, roasted corn, bacon, feta cheese, and creamy parmesan dressing. **Remember the grilled salmon or sirloin!**

450 Cal | 28g Carb | 20.4g Fat | 31g Protein

### **Chicken Tinga Ravioli**

Braised chipotle chicken with garlic, onions, and spices is served with cheese-filled ravioli, grilled zucchini, queso fresco, and chopped cilantro.

*Sub zucchini noodles for gf and low-carb*

492 Cal | 25.7g Carb | 22.3g Fat | 51.4g Protein

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

### 🌟 **Bourbon Chicken gf**

Marinated grilled chicken thighs tossed in a tangy bourbon glaze and topped with bagel seasoning: blanched broccoli, roasted carrots, and steamed white rice.

*Low Carb | Protein Options available*

428 Cal | 55.8g Carb | 18g Fat | 32.2g Protein

**Low Carb (GF):** 380 Cal | 26.9g Carb | 18g Fat | 59g Protein

### **\*\*NEW\*\* Beef and Broccoli**

Teriyaki and sesame-marinated beef with vibrant blanched broccoli, steamed white rice, garnished with scallions, and sprinkled with sesame seeds.

*Sub zoodles or cauliflower for lower-carb*

402 Cal | 25.8g Carb | 21.8g Fat | 26.5g Protein

**Low Carb (GF):** 337 Cal | 11.3g Carb | 21.6g Fat | 26.4g 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

### **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*

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## **Family Style Meal Series - 6/10/2024 Delivery**

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

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

### **Grilled Burgers - Family Style**

4 Grilled beef patties, brioche buns, Caramelized balsamic onions, herb cream cheese.  
Served with Letty's baked beans and mac n cheese.

*To serve: Heat burgers in the microwave for 2 minutes. Toast bun with butter in a pan on the stove. Top burger with herb cream cheese spread and balsamic onions. Serve the mac and cheese and baked beans as a side. Enjoy!*

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