



Monday, June 3rd 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**

Steak and Eggs gf/kf

Grilled beef tenderloin, organic scrambled eggs, roasted potato, and onion pepper hash. Cheddar cheese and chives. Jack's salsa.

374 Cal | 20.5g Carb | 20.2g Fat | 26.1g Protein

Cranberry Apple Walnut Salad gf/kf

[Hundred Acre Spring Mix](#); roasted green apples, cranberries, walnuts, butternut squash, feta cheese.

House balsamic vinaigrette.

Add proteins available

439 Cal | 49.2g Carb | 22g Fat | 13.7g Protein

☀️ **Grilled Chicken BLT**

Brioche bun with lemon garlic grilled chicken breast, pepper jack cheese, Nueske's smoked bacon, organic arugula, roasted tomato, and a basil aioli.

Sub lettuce wraps for low-carb and gluten-free

623 Cal | 48.2g Carb | 28g Fat | 32g Protein

Low Carb: 426 Cal | 19g Carb | 28g Fat | 32g Protein

☀️ **Chicken Burrito Bowl gf**

Marinated grilled chicken, served with steamed rice, topped with pico de gallo, fresh lime wedge, and served with a chipotle style aioli on the side.

Low carb available

452 Cal | 48g Carb | 17g Fat | 34g Protein

LOW CARB - 316 Cal | 18g Carb | 17g Fat | 33g Protein

****NEW** Chili Cheese Mac**

Bringing back a meal from Chef Austin's childhood. Beef chili loaded with veggies, beans, tomato sauce, onions and garlic and served on top of elbow macaroni, shredded cheddar cheese, and scallions.

add jalapeños available | gluten free mac available

478 Cal | 21.2g Carb | 36g Fat | 36.8g Protein

Nicks Cauliflower Tacos gf

Salty, zingy, and spicy. Roasted cauliflower and grilled vegetables, chopped peanuts, cilantro, and flour tortillas, served with a mild peanut sauce.

Add proteins Available | GF available | Bowl option available.

454 Cal | 60g Carb | 23g Fat | 18.5g Protein

Bourbon Glazed Roasted Salmon gf/df

Herb-and-garlic marinated salmon filet glazed with tangy bourbon sauce, served with blanched green beans, roasted potatoes, and bagel seasoning.

Sub cauliflower rice for low-carb | mild spice

454 Cal | 42.5g Carb | 15.2g Fat | 40.8g Protein

Low Carb (GF): 369 Cal | 21.4g Carb | 15.5g Fat | 39.8g Protein

Family Style Meal Series -

6/3/2024 Delivery

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

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

Swedish Meatballs

15 beef and pork meatballs (not gluten free) served with brown gravy, mashed potatoes and buttered corn and lingonberry sauce.

***To serve:** Heat in batches. Start with pouring gravy on top of meatballs and heat in the microwave on high for 5 minutes. Heat mashed potatoes and corn for 4 minutes on high. Serve with meatballs on top of mashed potatoes and corn on the side.*

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