



Monday, June 17TH 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**

🌟 **Smoked Salmon Lox Sammie**

Everything seasoned bagel, thinly sliced cold smoked salmon, lemon dill caper cream cheese, pickled red onions, roasted tomato, lemon wedge, and arugula.

484 Cal | 55.4g Carb | 16g Fat | 26.6g Protein

The Italian Stallion Salad gf/kf

[Hundred Acre Spring Mix](#): Hard Salami, garbanzo beans, green bell pepper, cucumber, cherry tomatoes, mozzarella cheese, and pickled red onions, served with an Italian vinaigrette.

487 Cal | 29.6g Carb | 30.4g Fat | 27.1g Protein

Chicken and Bacon Pasta

Penne pasta with baby spinach, grilled chicken breast, homemade alfredo sauce, hickory smoked bacon, shredded parmesan, and scallions.

GLUTEN FREE AVAILABLE

473 Cal | 47.1g Carb | 14.6g Fat | 39.3g Protein

Low Carb (GF): 306 Cal | 11.2g Carb | 14.2g Fat | 34.7g Protein

🌟 **Honey Mustard Chicken gf/df**

Herb-roasted chicken breast served with sweet and tangy honey mustard, blanched broccoli, and steamed white rice.

558 Cal | 55.6g Carb | 17.2g Fat | 46.5g Protein

Low Carb (GF): 425 Cal | 18g Carb | 17.2g Fat | 46.5g Protein

🌟 **Coach's Tater Tot Casserole GF**

Deliciously seasoned ground beef cooked with creamy mushrooms, crisp green beans, sweet potato tater tots, and a generous topping of shredded mixed cheese, served alongside tender steamed broccoli.

Enjoy!

409 Cal | 18.4g Carb | 22.5g Fat | 33.2g Protein

Classic Minestrone Stew df/gf

A tomato-based broth loaded with kidney beans, carrots, celery, onions, chickpeas, green peas, cabbage, and red potatoes. Topped with fresh Italian basil and shaved Parmesan. ***Psssst. Add the salmon with no regrets.***

Add proteins available

350 Cal | 38g Carb | 18g Fat | 22g Protein

 ****NEW** Pesto Shrimp Pesto Pasta GF**

Enjoy this vibrant summer dish featuring roasted shrimp from the shores of Mexico, zucchini zoodles, roasted bell peppers, grilled yellow squash and red onions, nut-free pesto, and shaved Parmesan cheese.

Sub chicken for shrimp available | gluten-free pasta available

455 Cal | 22.6g Carb | 18g Fat | 35g Protein

**Family Style Meal Series -
6/17/2024 Delivery**

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

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

Bourbon Chicken - Family Style

One pound of our grilled chicken breast tossed in a bourbon glaze served with blanched broccoli and steamed white rice.

To serve: Heat the chicken in the microwave and cover it for two minutes. Do the same with the broccoli (add butter when re-heated) and the rice. Serve and enjoy.

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