



Monday, July 1st Delivery Happy Fourth of July!

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

🌟 **Chef Austin's Pick**

Breakfast Egg Bites - Steak

Four fluffy egg bites filled with tender grilled steak, caramelized onions, and Swiss cheese are served with Jack's Cantina Salsa.

556 Cal | 41.3g Carb | 20.3g Fat | 30.4g Proteins

****NEW** Letty's Summer Salad**

[Hundred Acre Spring Mix](#): spinach, Grilled chicken, shaved parmesan, quinoa, roasted broccoli, cherry tomato, pesto vinaigrette.

Sub proteins available

455 Cal | 41.4g Carb | 17.6g Fat | 40g Protein

Chicken Florentine gf

Lemon and Herb grilled chicken breast topped with sundried tomato, artichoke, and spinach Parmesan cream cheese and served with roasted potatoes and blanched green beans.

352 Cal | 32.8g Carb | 12.4g Fat | 33.3g Protein

Low Carb: 279 Cal | 12.8g Carb | 12.4g Fat | 33.3g Protein

🌟 **Greek Chicken gf**

Tender grilled chicken breast served with steamed white rice, grilled vegetables, tzatziki sauce, and crumbled feta cheese.

Low Carb Available | Dairy-free available

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

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

****NEW** Bacon Cheese Burger**

Let us take care of the grilling! This sandwich features a split-top brioche bun, a grilled beef patty, sliced cheddar cheese, Nueskes Bacon, French onion aioli, and baked tater tots.

low carb available

766 Cal | 46.7g Carb | 48.1g Fat | 35.1g Protein

Low Carb (GF): 596 Cal | 20.7g Carb | 43.1g Fat | 30.1g Protein

Freshchef Vegetarian Lasagna

It's a classic loaded with veggies: green and yellow grilled zucchini squash, roasted onions, sweet peppers, and mushrooms layered with our fresh marinara, which uses Hundred Acre Basil, white cream sauce, ricotta, roasted garlic, and mozzarella cheese, served with steamed broccoli.

650 Cal | 72g Carb | 20g Fat | 28g Protein

****NEW** Shrimp Curry Pasta**

Bow tie pasta with a red curry coconut sauce grilled vegetables: red bell pepper, yellow and green squash, red onions, topped with scallions and roasted shrimp.

426 Cal | 60.1g Carb | 7.6g Fat | 25.5g Protein

Low Carb (GF): 237 Cal | 23g Carb | 7g Fat | 19g Protein

Family Style Meal Series - Returning for July 8th Delivery

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

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

Summertime Sides!

Perfect for the upcoming holiday. Each pint-size side served 3-4 people.

Mac n Cheese
Baked Beans
Cucumber Salad
Caprese Salad
Potato Salad

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