



Monday, July 8th Delivery

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

Single-serving meals are available for bulk discount.

Chef Austin's Pick

Steak Egg and Cheese Bagel

Plain bagel, grilled steak tenderloin, fried egg patty, caramelized onions, cheddar cheese, chipotle aioli, served with arugula and roasted Roma tomatoes.

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

****NEW** Spinach Berry Salad**

Spinach and Bibb lettuce mix, Fresh blueberries, raspberries, cucumbers, feta cheese, roasted cashews, and sweet and tangy pickled red onions. Served with our basil vinaigrette.

Add protein options available

541 Cal | 41.7g Carb | 30.7g Fat | 26.4g Protein

Elote Chicken Pasta

Freshchefs grilled chicken breast, penne pasta, hatch chili cream sauce, roasted corn and poblano relish, tomato, cilantro, and lime. Absolutely fantastic!

545 Cal | 42g Carb | 26g Fat | 32g Protein

Low Carb (GF): 401 Cal | 22g Carb | 261g Fat | 30g Protein

Korean BBQ Chicken

Grilled Chicken thighs sauced with a Korean BBQ, steamed white rice, pickled cucumber, purple cabbage, shredded carrots, sesame, and scallions served with sriracha mayo.

Sub cauliflower rice for low-carb

473 Cal | 37.6g Carb | 18.1g Fat | 36.9g Protein

Low Carb (GF): 435 Cal | 15.6g Carb | 18.1g Fat | 33.9g Protein

****NEW** Turkey Bacon Ranch Wrap**

Flour tortilla, spinach leaf, sliced roasted turkey, cheddar cheese, Nueske's Bacon, Roasted Roma tomato, herb dressing.

508 Cal | 26.5g Carb | 33.7g Fat | 25.5g Protein

Low Carb (GF): 370 Cal | 4.3g Carb | 30.2g Fat | 21.8g Protein

****NEW** Pizza Cauliflower Bowl**

Inspired by our own, Andrea. Freshchef Spinach Leaf, Roasted sweet potatoes, roasted cauliflower, grilled zucchini moons, fresh tomato basil marinara, shredded mozzarella cheese and parsley.

Add ground italian sausage and pepperoni available.

400 Cal | 51.2g Carb | 16.6g Fat | 14.6g Protein

 **Blackened Salmon and Quinoa gf/df**

Blackened roasted salmon filet, served with a corn and black bean southwest quinoa salad, blanched broccoli, fresh lime, and chipotle cream sauce.

685 Cal | 50g Carb | 21g Fat | 52.6g Protein

Low Carb (GF): 460 Cal | 9.4g Carb | 26.1g Fat | 41g Protein

**Family Style Meal Series -
Returning for July 15th Delivery**

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

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

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