



Monday, July 22nd Delivery

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

☀️ **Chef Austin's Pick**

☀️ **Grilled Steak Breakfast Burrito**

Roasted beef tenderloin, caramelized onions, roasted peppers, cheddar cheese, scrambled eggs. Jack's Salsa Cantina salsa

454 Cal | 60g Carb | 13g Fat | 23g Protein

Basil Chicken Salad (GF)

[Hundred Acre Spring Mix](#): spring mix, basil, grilled zucchini and yellow squash, cherry tomato, cucumber, shaved parmesan, grilled chicken, *nut-free* white balsamic basil dressing.

swap proteins available

362 Cal | 15.5g Carb | 29.9g Fat | 10.8g Protein

☀️ **Curry Chicken Pasta (DF)**

Don't be afraid of this dish. We promise. Marinated grilled chicken, bow-tie pasta, peas, roasted carrots, bell pepper, corn, green beans, light spice yellow coconut curry sauce, fresh lime, and cilantro.

Sub zucchini noodles for gf or GF Pasta

437 Cal | 43.5g Carb | 17.8g Fat | 49.2g Protein

Low Carb (GF): 360 Cal | 9.4g Carb | 12.2g Fat | 50.1g Protein

☀️ **BBQ Grilled Chicken (GF)**

Grilled chicken leg quarter served with blanched broccoli and brown butter smashed sweet potatoes, accompanied by BBQ sauce.

Sub chicken breast available | cauliflower rice for low-carb

512 Cal | 34.2g Carb | 20.3g Fat | 48.7g Protein

Chili Baked Potato (GF)

Russet baked potato loaded with our house-made beef chili and topped with shredded cheddar cheese, scallions, pico de gallo, and sour cream.

488 Cal | 61.5g Carb | 16.2g Fat | 27.6g Protein

☀️ **Vegetable Fried Rice (GF)(DF)**

Steamed white rice, carrots, corn, peas, grilled zucchini, yellow squash, red bell peppers, broccoli, scallions, and fried eggs are served with Tamari sauce. **Psst.. add the shrimp.**

Add protein available

339 Cal | 69.3g Carb | 3g Fat | 8.4g Protein

Low Carb: 206 Cal | 38.3g Carb | 3g Fat | 7.4g 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

Family Style Meal Series - 7/22/2024 Delivery

Grilled Chicken Street Tacos

Grilled chicken thighs are served with fresh pico de gallo salsa, shredded cabbage, Creamy cilantro sauce, Seasoned white rice, and refried beans.

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!](#)