



Monday, July 15th Delivery

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

🌟 **Chef Austin's Pick**

Breakfast Tots (GF)

Baked potato puffs loaded with scrambled eggs, smoked ham, and cheddar cheese were served with a fresh Pico de gallo.

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

Chef Austin's Italian Salad (GF)

Hundred-acre spring mix, marinated chickpeas, black olives, cherry tomatoes, cucumbers, roasted artichoke hearts, feta cheese and Italian dressing.

Add proteins available

440 Cal | 10.1g Carb | 28g Fat | 18g Protein

🌟 **Chicken Pesto Sandwich**

Ciabatta bun, grilled chicken breast, sliced mozzarella, Basil pesto (nut-free), roasted tomato, arugula, choice of side salad, or sweet potato fries.

Sub lettuce wrap for low-carb and gluten-free (GF)

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

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

🌟 **Chicken Marsala (GF)**

Herb-marinated roasted chicken breast topped with a creamy mushroom marsala wine sauce, blanched green beans, and Yukon gold whipped mashed potatoes.

Low Carb and vegetable swap available

467 Cal | 46.9g Carb | 17.3g Fat | 35.2g Protein

Low Carb (GF): 255 Cal | 16.3g Carb | 8.7g Fat | 33g Protein

****NEW** 🌟 Carnitas Tacos**

Our slow-cooked pork shoulder is seasoned to perfection. It is served with flour tortillas, grilled fajita vegetables, yellow rice, seasoned black beans, and cilantro cream salsa.

Sub corn tortillas for gluten-free (GF)

457 Cal | 33.3g Carb | 12.1g Fat | 38.9g Protein

Low Carb (GF): 306 Cal | 11.2g Carb | 18.6g Fat | 39g Protein

🌟 **Tomato Gnocchi VEG**

Blanched potato gnocchi, tomato basil cream sauce, roasted cherry tomatoes, fresh spinach, grilled zucchini, and shredded parmesan cheese.

zoodles for low carb | add proteins available | Gluten Free available

356 Cal | 43g Carb | 28g Fat | 19g Protein

 **Bourbon Glazed Roasted Salmon gf/df**

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

Sub cauliflower rice for low-carb

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 - 7/15/2024 Delivery

Greek Chicken Pitas

Enjoy Freshchef grilled chicken breast with a cucumber and tomato salad, feta cheese, tzatziki sauce, and grilled vegetable medley.

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!](#)