



Monday, July 29th Delivery

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

🌟 **Chef Austin's Pick**

Cinnamon Apple Baked Oatmeal gf

Old-fashioned oats, milk, honey, and stewed cinnamon apples. Served with a side of maple syrup and Greek yogurt.

455 Cal | 28g Carb | 26g Fat | 32g Protein

Steak Salad (GF)

[Hundred Acre Spring Mix](#): With lemon garlic grilled sirloin, roasted corn, pickled red onions, sweet cherry tomatoes, cucumbers, and crumbled feta cheese, served with a cilantro lime vinaigrette.

Protein swap available. Dairy-free available

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

🌟 **Chicken Alfredo Pasta**

It's a classic but oh, so good! Tender fettuccini pasta, Freshchef grilled chicken breast, creamy alfredo sauce, fresh baby spinach, and shaved parmesan.

Sub zucchini noodles for gf or GF Pasta, and add shrimp if available.

465 Cal | 44g Carb | 21g Fat | 42.3g Protein

Low Carb (GF): 325 Cal | 9.4g Carb | 21g Fat | 42g Protein

🌟 **Chicken Mushroom Bruschetta (GF)**

Marinated chicken breast topped with mushroom bruschetta—mushrooms, caramelized onions, lemon juice, and diced tomatoes—topped with herb cream cheese and served with steamed white rice.

Low carb available

452 Cal | 48g Carb | 17g Fat | 34g Protein

BBQ Pork Sandwich

Slowly braised pork sauced with Sweet Baby Ray's original BBQ sauce and served with a brioche bun, creamy coleslaw, pickles, and oven-roasted Potato wedges.

Sub lettuce wraps for low carb AND Gluten free

386 Cal | 47.8g Carb | 14g Fat | 18g Protein.

Low Carb (GF): 216 Cal | 21.8g Carb | 9g Fat | 13g Protein

****NEW** Pizza Cauliflower Bowl (GF)**

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

Shrimp and Andouille Sausage Boil (GF)(DF)

Inspiration from Chef Austin's Vacation. Cajun roasted shrimp, andouille sausage, steamed baby potatoes, corn, creole broth, lemon wedge, and fresh parsley.

Sub chicken for shrimp available

556 Cal | 32.6g Carb | 25.4g Fat | 42.5g Protein

Family Style Meal Series - 7/29/2024 Delivery

Grilled Chicken Fried Rice

Teriyaki grilled chicken thighs served with vegetable fried rice and steamed broccoli.

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!](#)