



Monday, September 2nd Delivery - Labor Day
Save 20% on your first order with ***freshchef20*** at checkout!
Single-serving meals are available for bulk discount.

🌟 **Chef Austin's Pick**

🌟 **Meat Lovers Breakfast Burrito**

Flour tortilla, scrambled eggs, smoked ham, bacon, breakfast sausage, shredded cheddar cheese, jacks tomato salsa.

485 Cal | 48g Carb | 18g Fat | 28g Protein

Crumbled Feta Salad (GF)

[Hundred Acre Spring Mix](#): Cherry tomatoes, cucumbers, pickled red onions, roasted corn, feta cheese, and balsamic vinaigrette. You'll need the balsamic grilled sirloin on this one :)

Add proteins available

439 Cal | 7.1g Carb | 32.3g Fat | 26.9g Protein

🌟 **Chicken Alfredo**

Freshchef marinated grilled chicken breast smothered with our chicken-based alfredo sauce, served with flat-leaf fresh spinach, cooked-to-perfection penne pasta, and shaved parmesan.

Sub zoodles for low carb | Add shrimp available | Gluten-free Pasta

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

Low Carb (GF): 340 Cal | 12.2g Carb | 20g Fat | 48g Protein

🌟 **Teriyaki Chicken**

Grilled Teriyaki chicken thighs, roasted pineapple, vegetable rice pilaf with peas, carrots, red bell pepper, and a side of teriyaki glaze.

Sub cauliflower rice for low-carb

430 Cal | 32g Carb | 15g Fat | 38g Protein

Low Carb (GF): 369 Cal | 21.4g Carb | 15.5g Fat | 39.8g Protein

Turkey Taco Cantina (GF)

Taco-seasoned ground turkey, cilantro lime rice, tomato, roasted corn, black beans, cheddar cheese, Cilantro cream sauce.

478 Cal | 40.6g Carb | 19.1g Fat | 31.7g Protein

Low Carb (GF): 56 Cal | 48.8g Carb | 16.4g Fat | 35.1g 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

Florentine Roasted Salmon (GF)

Herb and garlic marinated salmon filet, topped with a sundried tomato, spinach, and artichoke cream cheese. Blanched broccoli and roasted red-skin potatoes.

Sub cauliflower rice for lower-carb

420 Cal | 33.4g Carb | 15.1g Fat | 39.1g Protein

Low Carb (GF): 404 Cal | 16.5g Carb | 15.5g Fat | 39g Protein

Family Style Meal Series - 9/2/2024 Delivery

Spaghetti and Meatballs

16 beef and chicken meatballs smothered in homemade marinara, served with spaghetti noodles, garlic bread, and a garden salad.

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!](#)