



## Monday, September 9th Delivery

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### ☀️ **Chef Austin's Pick**

#### ☀️ **\*\*NEW\*\* Pesto Breakfast Sandwich**

Pesto Collaboration with Hundred Acre Farms. Plain Bagel with a fried egg, mozzarella cheese, oven-roasted tomato, and arugula.

*Add ham or sirloin, available*

509 Cal | 52g Carb | 23.7g Fat | 22.6g Proteins

#### **Chipotle Chicken Salad (GF)**

[Hundred Acre Spring Mix](#): Grilled cajun chicken, roasted corn, black beans, feta cheese, roasted fajita vegetables, and cherry tomatoes, served with chipotle ranch dressing.

*Sub proteins available - Mild Spice.*

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

#### ☀️ **Chicken Parm Pasta**

Rice panko breaded chicken breast topped with marinara, shaved parm, and mozzarella, laying on a bed of linguine pasta tossed in an alfredo sauce and fresh spinach.

*Sub-gluten-free for low-carb and gluten-free*

477 Cal | 62.3g Carb | 18.6g Fat | 39g Protein

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

#### ☀️ **Greek Chicken (GF)**

Tender grilled chicken breast served with steamed white rice, grilled zucchini, roasted pepper and onions, tzatziki sauce, cucumber tomato, and feta cheese relish.

*Low Carb Available | Dairy-free available*

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

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

#### **\*\*NEW\*\* Vodka Cream Meatballs**

Mini meatballs smothered in a vodka cream sauce are served over white rice. I served them with blanched broccoli and roasted carrots.

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

#### ☀️ **Loaded Sweet Potato Bowl (GF)**

Roasted sweet potato chunks, cauliflower, poblano peppers, black bean and corn pico, fresh cilantro, shredded Jack cheese, and a cilantro lime crema.

*Add proteins Available.*

474 Cal | 52.1g Carb | 23.5g Fat | 14.5g Protein

**\*\*NEW\*\***  **Blackened Salmon Tacos (DF)**

The salmon will come as a filet. Break it into pieces and serve it in tortillas: two flour tortillas, blackened salmon served with mango salsa, cilantro white rice, and fresh lime.

*Sub-blackened shrimp available | Corn tortillas for Gluten Free Available*

492 Cal | 25.8g Carb | 15.5g Fat | 40.9g Protein

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## Family Style Meal Series - 9/9/2024 Delivery

### **Bourbon Chicken**

**One pound of our grilled chicken breast tossed in a bourbon glaze served with blanched broccoli and steamed white rice.**

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!](#)