



Monday October 14th, Delivery

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☀️ **Chef Austin's Pick**

☀️ **Meat Lovers Breakfast Burrito**

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

450 Cal | 60g Carb | 13g Fat | 23g 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

Basil Chicken Pasta (GF)

It's BACK, and it's tomato season! Marinated and roasted chicken breast, penne pasta, balsamic and garlic marinated tomatoes, Parmesan cheese, basil aioli.

Gluten-free for low carbs available

396 Cal | 30.6g Carb | 29.6g Fat | 20.5g Protein

Low Carb: 329 Cal | 11g Carb | 16.2g Fat | 35.6g Protein

****NEW** ☀️ Chipotle Chicken Burrito Bowl. (GF)**

Braised chipotle chicken (light spice) served with steamed white rice, roasted corn, diced tomatoes,, fajita veggies, grilled zucchini, and cilantro cream sauce.

541 Cal | 54.9g Carb | 20.4g Fat | 35.4g Protein

Low carb - 298 Cal | 11.1g Carb | 20.4g Fat | 35g Protein

****NEW** Cuban Sandwich**

Ciabatta bread, sliced Bavarian ham, slow-braised pork shoulder, house-made pickles, and sweet mustard mayo. Choice of roasted sweet potato fries or side salad.

Lettuce wraps for low-carb and gluten-free

497 Cal | 36.3g Carb | 22g Fat | 35g Protein

Lettuce Wrap: 352 Cal | 10.3g Carb | 20g Fat | 30.4g Protein

Pizza Cauliflower Bowl (GF)

Spinach Leaf, Roasted sweet potatoes, 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

☀️NEW** Harvest Fall Bowl with Salmon (DF)**

Herbed baked salmon with Our Ancient Grain and Kale Blend, red and brown rice, red quinoa, black barley, kale Parisian carrots, sweet potatoes, and a basil vinaigrette.

Sub cauliflower rice for gluten-free

454 Cal | 42.5g Carb | 15.2g Fat | 40.8g Protein

Family Style Meal Series - 10/14/2024 Delivery

Bourbon Chicken (GF)

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!](#)