



Monday October 21st, Delivery

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🌟 **Chef Austin's Pick**

🌟 **Pretzel Breakfast Sandwich**

Miller Pretzel Bun, hand-cut carved ham, scrambled eggs, and sliced cheddar cheese, served with arugula roasted Roma tomatoes with herbed cream cheese spread for extra flavor!

451 Cal | 28.6g Carb | 23.4g Fat | 33g Protein

Roasted Apple and Nut Salad (GF)

[Hundred Acre Spring Mix](#): Roasted Granny Smith apples, candied pecans, feta cheese, roasted butternut squash, dried cranberries, and basil vinaigrette.

Add proteins available

445 Cal | 18g Carb | 26g Fat | 8g 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

🌟 **Peanut Chicken Lo Mein (DF)**

Lo mein noodles, grilled sesame chicken thighs, peas, roasted carrots, red pepper, and edamame, garnished with scallions, bell peppers, crushed peanuts, and chili sesame sauce.

Sub zoodles for low carb

460 Cal | 40g Carb | 26.8g Fat | 45g Protein

🌟 **Chili Cheese Mac**

We are bringing back a meal from Chef Austin's childhood. Beef chili is loaded with veggies, beans, tomato sauce, onions, and garlic and served on elbow macaroni, shredded cheddar cheese, scallions, and diced tomato.

Sub-GF pasta for GF | add jalapeños available

478 Cal | 21.2g Carb | 36g Fat | 36.8g Protein

Vegetarian Mexican lasagna GF

There are lots of veggies here! Roasted bell peppers, onions, garlic, zucchini, sweet potato, black beans, corn, and poblano peppers are laid on corn tortillas, covered in chipotle red sauce, mixed cheeses, and cilantro for garnish and served with a side of sour cream.

Add Protein available.

556 Cal | 76.5g Carb | 21g Fat | 16.7g Protein

 ****NEW** Chipotle Shrimp Bowl (GF)**

Our roasted spiced shrimp is served with chipotle sauce, pico de gallo, black beans, and yellow rice.

Sub cauliflower rice for low carb | Add Tortillas available.

502 Cal | 46g Carb | 22g Fat | 36g Protein

Family Style Meal Series - 10/21/2024 Delivery

Marry Me Chicken

Marinated grilled chicken breast, sundried tomato cream sauce with spinach, bow-tie pasta, and baked-at-home garlic bread.

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!](#)