



Monday November 4th, Delivery

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Be on the lookout for Thanksgiving Sides this month!

🌟 **Chef Austin's Pick**

🌟 **Chorizo Breakfast Burrito**

Local pork Chorizo, roasted potatoes, cheddar cheese, fajita veggies. Served with a tomatillo avocado salsa.

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

Freshchef Cobb Salad gf/kf

[Hundred Acre Spring Mix](#): hard-boiled egg, pickled red onion, feta cheese, cherry tomato, green peas, scallions, and creamy herb dressing.

Add proteins and bacon available

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

🌟 **Cajun Chicken Pasta**

Roasted Chicken breast with a Cajun cream sauce, penne pasta, diced tomatoes, grilled zucchini, scallions, and fresh lemon.

Sub zoodles for low-carb

605 Cal | 68.6g Carb | 18.1g Fat | 37.9g Protein

🌟 **Grilled Chicken BLT**

Brioche bun with lemon garlic grilled chicken breast, pepper jack cheese, Nueske's smoked bacon, organic arugula, roasted tomato, and buffalo ranch.

Sub lettuce wraps for low-carb and gluten-free

623 Cal | 48.2g Carb | 28g Fat | 32g Protein

Low Carb: 426 Cal | 19g Carb | 28g Fat | 32g 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

🌟 **Tuscan Tomato Gnocchi VEG**

Blanched potato gnocchi, tomato basil cream sauce, roasted cherry tomatoes, fresh spinach, grilled zucchini, and shredded parmesan cheese.

zoodles for low carb | add proteins available |

356 Cal | 43g Carb | 28g Fat | 19g Protein

 **Bourbon Glazed Roasted Salmon gf/df**

A herb-and-garlic marinated salmon filet glazed with tangy bourbon sauce is served with blanched green beans, roasted potatoes, and bagel seasoning.

Sub cauliflower rice for low-carb

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

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

Family Style Meal Series - 11/4/2024 Delivery

Carnitas Tacos

Pulled Carnitas meat, served with local corn tortillas (12), cilantro cream, pico de gallo, and shredded cabbage.

Soup

Bacon and Corn Chowder

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!](#)