



## Monday November 11th, Delivery

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***Be on the lookout for Thanksgiving Sides this month!***

### 🌟 **Chef Austin's Pick**

#### 🌟 **Breakfast Egg Bites - steak**

Four fluffy egg bites filled with tender grilled steak, caramelized onions, and pepper jack cheese and served with Jack's Cantina Salsa.

556 Cal | 41.3g Carb | 20.3g Fat | 30.4g Proteins

#### **Chipotle Chicken Salad gf/kf**

[Hundred Acre Spring Mix](#): Grilled cajun chicken, roasted corn, 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

#### **NEW\*\* 🌟 Cream of Chicken and Vegetable (GF)**

Bringing it back to Chef Austin's Childhood: steamed white rice with grilled chicken breast, chicken broth and cream, peas, carrots, green beans, corn, grilled zucchini, and red bell peppers.

546 Cal | 30.5g Carb | 22g Fat | 40.1g Protein

Low Carb: 379 Cal | 16.6g Carb | 21.6g Fat | 35.5g Protein

#### 🌟 **Blackened Chicken and Quinoa GF**

*If you're afraid of quinoa, give this a try.* Roasted blackened chicken tenders served with a southwest quinoa salad: roasted corn, bell peppers, grilled zucchini, black beans, fresh lime, and cilantro—Chipotle aioli.

413 Cal | 48.6g Carb | 6.4g Fat | 41.4g Protein

#### 🌟 **Beef and Broccoli**

Teriyaki and sesame-marinated beef with vibrant blanched broccoli, steamed white rice, garnished with scallions, and sprinkled with sesame seeds.

*Sub zoodles or cauliflower for lower-carb*

402 Cal | 25.8g Carb | 21.8g Fat | 26.5g Protein

Low Carb (GF): 337 Cal | 11.3g Carb | 21.6g Fat | 26.4g Protein

#### **Pork Belly Banh Mi df**

Ciabatta Roll, Slow-roasted pork shoulder, sliced pork belly, cabbage, pickled cucumbers, carrots, cilantro, and sweet chili mayo.

*Lettuce wraps are available for low-carb and gluten-free*

521 Cal | 50.3g Carb | 22.5g Fat | 25.2g Protein.

Low Carb: 311 Cal | 10.9g Carb | 20.2g Fat | 17.4g Protein

### **Bettys Empanadas**

Your choice of Beans and cheese or Chorizo and Potato. Stuffed in empanada dough, fried to perfection, and served with a green sauce.

Three Empanadas

525 Cal | 82g Carb | 28g Fat | 24.6g Protein

### **\*\*NEW\*\* 🌟 Alfredo Shrimp Pasta**

A classic alfredo dish with baby spinach, penne pasta, cajun roasted shrimp, homemade alfredo sauce, and shaved parmesan.

*Sub salmon available | Gluten Free Pasta available*

502 Cal | 43g Carb | 18.5g Fat | 40g Protein

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## **Family Style Meal Series - 11/11/2024 Delivery**

### **Chipotle Chicken Pitas**

Grilled chicken thighs, pepper jack cheese, chipotle lime aioli, pico de gallo, grilled pita bread.

### **Soup**

#### **Tuscan White Bean and Sausage**

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!](#)