



## Monday, December 16TH Delivery

Save 20% on your first order with ***freshchef20*** at checkout!

### ☀️ **Chef Austin's Pick**

#### **\*\*NEW\*\* Ham and Potato Scrambler**

Slow-roasted Badger ham, Roasted Yukon gold potatoes, scrambled eggs, and hollandaise sauce.

450 Cal | 46g Carb | 16g Fat | 40g Protein

#### ☀️ **Chef's Seasonal Grain Bowl**

Southwest warm grain bowl loaded with veggies and fiber. Rice, barley, quinoa, and kale mix. Grape tomato, roasted sweet corn, seasoned black beans, pico de gallo, and bell peppers. Served with a cilantro lime cream sauce.

*Add protein available*

335 Cal | 70g Carb | 3.2g Fat | 13.2g Protein

#### ☀️ **Chicken Fajitas**

Our signature grilled chicken breast is marinated with spices and lime. It is served with fajita vegetables, grilled zucchini, and steamed white rice.

*Corn tortillas are available for gluten-free*

344 Cal | 28.9g Carb | 11.2g Fat | 31.5g Protein

**Low Carb (GF):** 284 Cal | 15.4g Carb | 11.5g Fat | 31.4g Protein

#### **\*\*NEW\*\* ☀️ Chicken Sausage and Rigatoni**

Indulge in this pasta smothered in tomato sauce, grilled chicken breast, Italian sausage crumbles, rigatoni pasta, and shaved parmesan.

*Gf pasta available*

502 Cal | 48g Carb | 12g Fat | 36g Protein

**Low Carb:** 386 Cal | 18g Carb | 12g Fat | 36g Protein

#### ☀️ **Loaded Chili Potatoes**

Roasted potato wedges with our house-made beef chili and topped with shredded cheddar cheese, scallions pico de gallo and sour cream.

488 Cal | 61.5g Carb | 16.2g Fat | 27.6g Protein

### **Freshchef Vegetarian Lasagna**

It's a classic loaded with veggies: green and yellow grilled zucchini squash, roasted onions, sweet peppers, and mushrooms layered with our fresh marinara, which uses Hundred Acre Basil, white cream sauce, ricotta, roasted garlic, and mozzarella cheese, served with steamed broccoli.

650 Cal | 72g Carb | 20g Fat | 28g Protein

### **Sweet Chili Roasted Salmon g|df**

Roasted salmon is served with a sweet garlic chili sauce, steamed white rice, broccoli,

*Sub cauliflower rice for low-carb*

460 Cal | 57.3g Carb | 15.8g Fat | 36.9g Protein

**Low Carb:** 338 Cal | 27.3g Carb | 15.8g Fat | 35.9g Protein

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## **Family Style Meal Series**

### **TACO TUESDAY**

**ONE POUND TACO SEASONED TURKEY, FLOUR TORTILLAS, PICO DE GALLO, SHREDDED CHEDDAR CHEESE, CHIPOTLE CREAM SAUCE.**

### **Soup**

#### **Beef and Vegetable Minestrone (GF)**

Beef broth-based soup with vegetables and filet mignon.

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!](#)