



Monday, January 20th 2025

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🌟 Chef Austin's Pick

Bacon Egg and Cheese Bagel

Plain bagel, scrambled egg, cheddar cheese, applewood smoked bacon. Served with a choice of fresh fruit or breakfast potatoes.

Protein Swap Available

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

🌟 Chef's Seasonal Grain Bowl

Wintertime grain bowl loaded with fiber and protein. White rice, barley, kale, farro, quinoa, shredded Brussels sprouts, roasted sweet potato, cranberries and roasted chickpeas. Served with honey-lime and herb vinaigrette.

Add proteins available

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

🌟 Chicken Pot Pie Casserole

Deconstructed chicken pot pie with grilled chicken breast, light cream sauce, mixed vegetables, and two cheddar and chive biscuits.

Gluten Free: *No Biscuit.*

550 Cal | 38g Carb | 32g Fat | 44g Protein

Buffalo Chicken Loaded Sweet Potatoes (GF)

Lemon and herb-marinated chicken breasts are tossed in Buffalo sauce on roasted sweet potato wedges, feta cheese, chives, and blanched broccoli.

Zoodles for lower-carb

346 Cal | 20.6g Carb | 13.3g Fat | 34.1g Protein

Lower carb: 304 Cal | 10.7g Carb | 13.4g Fat | 34.2g Protein

🌟 Beef Enchiladas (GF)

Enchilada beef is layered with corn tortillas, steamed white rice, red sauce, mixed cheese, pico de gallo, and sour cream.

No tortillas for lower-carb

562 Cal | 33.2g Carb | 30.2g Fat | 38.3g Protein

Lower carb: 547 Cal | 11.8g Carb | 28.9g Fat | 35.6g Protein

Curry Vegetable Pasta (DF)

Bow-tie pasta, dairy-free yellow curry sauce, peas, corn, grilled zucchini, shredded carrots, red bell pepper, broccoli, cilantro, and fresh lime. psst...**Add the shrimp** :)

Gluten Free: *GF Pasta*

343 Cal | 63.2g Carb | 6.7g Fat | 11g Protein

Chicken : 443 Cal | 64.2g Carb | 8.7g Fat | 33g Protein

Shrimp Stir fry

Ginger and garlic roasted shrimp, steamed white rice, and mixed vegetables, including carrots, peas, red bell peppers, corn, and zucchini, are served with a stir-fry sauce, sesame, and scallions.

420 Cal | 33.4g Carb | 15.16g Fat | 39.1g Protein

Family Style Meal Series

Carnitas Tacos

Pulled Carnitas meat, served with local corn tortillas (12), cilantro cream, pico de gallo, and shredded cabbage. Served with one pound of yellow seasoned rice.

Soup

Tuscan Sausage Soup

This broth—and cream-based soup features sweet Italian sausage, kale, beans, vegetables, and potatoes. It is finished with cream and grated parmesan.

32 oz serving | 3-4 servings.

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!](#)