



**Monday, February 10th, 2025**

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 **Chef Austin's Pick**

**Cranberry Swirl Baked Oatmeal (GF)**

Old-fashioned oats, milk, honey, cranberries, and white chocolate chips. Served with a side of maple syrup and Greek yogurt.

455 Cal | 28g Carb | 26g Fat | 32g Protein

 **Chef's Seasonal Grain Bowl**

The Mediterranean follows in the grain salad series with kale, quinoa, farro, barley, grilled zucchini, bell peppers, and roasted chickpeas—the option to add feta cheese and proteins.

*Add proteins available*

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

 **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

 **Dandan Noodles**

A famous Sichuan street food consists of hoisin garlic and ginger sauce, beef and pork, lo mein noodles, roasted carrots, and blanched broccoli topped with scallions and sesame.

437 Cal | 36.9g Carb | 14.7g Fat | 35.4g Protein

Low carb - 321 Cal | 17.9g Carb | 12.4g Fat | 31.5g Protein

**\*\*NEW\*\* BBQ Pork Mac**

Slow-roasted pork shoulder is shredded and tossed in BBQ sauce and served on a bed of cavatappi mac n cheese and blanched broccoli on the side.

*Gluten-free pasta Available | Protein Swap available*

488 Cal | 45g Carb | 18g Fat | 32g 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 proteins available*

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

### **Blackened Salmon with Tomatillo Salsa (GF)**

Blackened roasted salmon, cilantro lime white rice, blanched broccoli, and a roasted tomatillo green salsa.

392 Cal | 35g Carb | 15.5g Fat | 40.9g Protein

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## **Family Style Meal Series**

### **Grilled Chicken Street Tacos**

**Grilled chicken thighs are served with fresh pico de gallo salsa, shredded cabbage, local corn tortillas, creamy cilantro sauce, Seasoned rice, and refried beans.**

**Serves 4-5**

### **Soup**

#### **Loaded Baked Potato**

A creamy, cheesy potato soup topped with crispy bacon and chives.  
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!](#)