



Monday, February 10th, 2025

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 **Chef Austin's Pick**

Pretzel Breakfast Sandwich

Miller Pretzel Bun, hand-cut carved ham, scrambled egg, served with arugula, roasted Roma tomatoes, and herbed cream cheese spread for extra flavor!

Add fruit cup available | Gluten Free Bun available

451 Cal | 28.6g Carb | 23.4g Fat | 33g 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

BBQ Grilled Chicken gf/kf

Grilled chicken leg quarter served with blanched broccoli and brown butter smashed sweet potatoes, accompanied by BBQ sauce.

Sub chicken breast available | cauliflower rice for low-carb

512 Cal | 34.2g Carb | 20.3g Fat | 48.7g Protein

 **Beef Bolognese Pasta**

A freshchef classic -- Simmered beef bolognese with red wine, carrots, celery, onions, tomato sauce, and cream. Served with a bed of penne pasta and topped with mozzarella, parmesan cheese, and fresh parsley.

Gluten-free pasta is available

580 Cal | 67.8g Carb | 16.8g Fat | 38.5g Protein

Low Carb (GF): 320 Cal | 9.1g Carb | 15.1g Fat | 43.1g Protein

 **Turkey Taco Cantina (GF)**

Taco-seasoned ground turkey, cilantro-lime rice, tomato, roasted corn, black beans, cheddar cheese, and 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

 **Letty's Spinach and Veggie Pasta**

Penne Pasta with spinach leaf, mushrooms, grilled zucchini, roasted cherry tomatoes, vegetable alfredo, shaved parmesan, and an option to add proteins. Choose the shrimp! ;)

Add proteins Available | Gluten Free Available

427 Cal | 49.7g Carb | 22g Fat | 11.7g Protein

Low Carb: 260 Cal | 13.8g Carb | 21.7g Fat | 7g Protein

Shrimp and Andouille Sausage Boil gf/df

Inspiration from Chef Austin's Vacation. Cajun roasted shrimp, andouille sausage, steamed baby potatoes, corn, creole broth, lemon wedge, and fresh parsley.

Sub chicken for shrimp available

556 Cal | 32.6g Carb | 25.4g Fat | 42.5g Protein

Family Style Meal Series

Chipotle Chicken Pitas

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

Serves 4-5

Soup

Chicken and Wild Rice

A classic loaded with veggies, grilled chicken bits, chicken stock and wild rice.
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!](#)