



Monday, February 24th, 2025

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 **Chef Austin's Pick**

 ****NEW** French Toast Bake Scrambler**

Cinnamon and brown sugar spiced french toast bake served alongside fluffy scrambled eggs and turkey sausage links.

Add maple syrup available

440 Cal | 40g Carb | 14g Fat | 37g Protein

 **Chef's Seasonal Grain Bowl**

A Southwest warm grain bowl loaded with veggies and fiber. It includes rice, barley, quinoa, and kale, roasted sweet corn, seasoned black beans, pico de gallo, and bell peppers are also included. The bowl is served with a cilantro-lime vinaigrette.

Add proteins available

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

****NEW** Chicken and Sausage Bow Tie Pasta**

Marinated grilled chicken and local Italian rope sausage, bow tie pasta, fresh tomato sauce, roasted peppers, grilled onions, shaved parmesan cheese, and chopped parsley.

Sub zucchini noodles for gf or GF Pasta | dairy-free option available

437 Cal | 43.5g Carb | 17.8g Fat | 49.2g Protein

Low Carb (GF): 360 Cal | 9.4g Carb | 12.2g Fat | 50.1g Protein

Chicken Pesto Sandwich

Brioche Bun, grilled chicken breast, sliced mozzarella, Hundred Acre | Freshchef Basil Pesto, roasted tomato, arugula, and oven-roasted sweet potato tots.

Sub lettuce wrap for low-carb and gluten-free

462 Cal | 55.3g Carb | 8.4g Fat | 39.7g Protein

Low Carb: 282 Cal | 15.2g Carb | 8.7g Fat | 37.6g Protein

****NEW**  Freshchef's Burger Bowl**

Seasoned ground beef with caramelized onions, cheddar cheese, "mac sauce," blanched green beans, and steamed white rice. Served with dill pickle slices.

Vegetable sub available | low carb available

480 Cal | 47.8g Carb | 16.8g Fat | 32.5g Protein

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

 **Loaded Sweet Potato Bowl gf**

Roasted sweet potato chunks, cauliflower, poblano peppers, black bean and corn pico, fresh cilantro, shredded Jack cheese, and a cilantro lime crema.

Add proteins Available.

474 Cal | 52.1g Carb | 23.5g Fat | 14.5g Protein

🌟Mango Shrimp Tacos

Barbecue-roasted shrimp is served with flour or corn tortillas, vibrant mango salsa, marinated coleslaw, and steamed seasoned rice.

Corn tortillas for gluten-free

418 Cal | 33.2g Carb | 24.2g Fat | 17.3g Protein

Family Style Meal Series

Chili Dogs

All Beef Hot dogs served with Freshchef chili, shredded cheddar cheese, diced white onions, four brioche hot dog buns, coleslaw, and potato chips.

Serves 4

Soup

Freshchef Chili

Lean ground beef with spices, tomato sauce, kidney beans, and stewed tomatoes.

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!](#)