



Monday, March 10th 2025

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🌟 **Chef Austin's Pick**

Carnitas Breakfast Burrito

Shredded pork slow-braised, scrambled eggs, pico de gallo, and shredded cheddar cheese, served with Cilantro Cream sauce.

Dairy-free option available

454 Cal | 60g Carb | 13g Fat | 23g Protein

🌟 **Chef's Seasonal Grain Bowl**

A Southwest warm grain bowl loaded with veggies and fiber. It includes rice, barley, quinoa, kale, roasted sweet roasted 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

🌟 **Basil Chicken Pasta**

Marinated and roasted chicken breast, penne pasta, balsamic and garlic marinated tomatoes, Parmesan cheese, basil aioli.

Gluten-free and low carbs available

396 Cal | 30.6g Carb | 29.6g Fat | 20.5g Protein

Low Carb: 329 Cal | 11g Carb | 16.2g Fat | 35.6g Protein

🌟 **Teriyaki Chicken**

Roasted chicken thighs, pineapple, vegetable rice pilaf with peas, carrots, red bell pepper, and a side of teriyaki glaze.

Sub cauliflower rice for low-carb. No Sauce for gluten-free

430 Cal | 32g Carb | 15g Fat | 38g Protein

Low Carb (GF): 369 Cal | 21.4g Carb | 15.5g Fat | 39.8g Protein

🌟 **Coach's Tater Tot Casserole GF**

Deliciously seasoned ground beef cooked with cream and mushrooms, sweet potato tater tots, and a generous topping of shredded mixed cheese, served alongside tender steamed broccoli. Enjoy!

409 Cal | 18.4g Carb | 22.5g Fat | 33.2g Protein

Curry Vegetable Pasta df

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

Gluten free pasta available

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

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

☀️ **Bourbon Glazed Roasted Salmon gf/df**

A herb-and-garlic marinated salmon filet glazed with tangy bourbon sauce is served with blanched green beans, roasted potatoes, and bagel seasoning.

Sub cauliflower rice for low-carb

454 Cal | 42.5g Carb | 15.2g Fat | 40.8g Protein

Low Carb (GF): 369 Cal | 21.4g Carb | 15.5g Fat | 39.8g 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.

Serves 4-6

Soup

Tuscan Sausage Soup (GF)

This broth- and cream-based soup features sweet Italian sausage, kale, beans, vegetables, and potatoes. It is finished with a touch of 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!](#)