



Monday, March 31st 2025

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 ***Chef Austin's Pick***

Sausage Breakfast Casserole (GF)

This dish consists of organic eggs, heavy cream, breakfast sausage, mushrooms, bell peppers, onions, shredded potatoes, and kale. Shredded cheddar cheese tops the dish, which is served with side fruit or breakfast potatoes.

450 Cal | 28g Carb | 18.8g Fat | 31g Protein

 **Chef's Seasonal Grain Bowl**

A seasonal grain bowl loaded with fiber and protein, it consists of white rice, barley, kale, farro, quinoa, shredded Brussels sprouts, roasted sweet potato, cranberries, and roasted chickpeas. It is served with a honey-lime and herb vinaigrette.

Add proteins available

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

 **Chicken and "Dumplings"**

Marinated and roasted chicken breast, chicken broth cream, peas, corn, carrots, fresh dill, parsley, poached potato gnocchi, and lemon wedge.

Sub zoodles for low-carb AND Gluten free

497 Cal | 46g Carb | 18.8g Fat | 35.5g Protein

Low Carb (GF): 281 Cal | 20.1g Carb | 7.5g Fat | 33.4g Protein

Honey Mustard Chicken gf/df

Herb-roasted chicken breast served with sweet and tangy honey mustard, blanched broccoli, and steamed white rice.

558 Cal | 55.6g Carb | 17.2g Fat | 46.5g Protein

****NEW****  **Philly Cheesesteak Bowl (GF)**

Seasoned ground beef topped with mozzarella cheese, served with peppers and onions, roasted mushrooms, steamed white rice, and a side of cheddar cheese sauce.

Opt for cauliflower rice for a low-carb alternative.

457 Cal | 63.3g Carb | 12.1g Fat | 38.9g Protein

Sweet Corn and Tomato Risotto gf

Arborio rice, shallots, garlic, white wine, vegetable stock, sweet corn, roasted poblano relish, sun-dried tomatoes, and shredded parmesan cheese.

450 Cal | 36g Carb | 18g Fat | 20g Protein

Baked Salmon gf/df

Freshchef baked salmon filet topped with a roasted garlic herbed butter, served with green beans and roasted potatoes.

Shrimp available | Sub cauliflower rice for low-carb

428 Cal | 33g Carb | 17.2g Fat | 36.7g Protein

Family Style Meal Series

Chicken and Sausage Pasta

Grilled chicken and Italian sausage mix, red sauce, spaghetti pasta, shredded mozzarella cheese, and toast-your-own garlic bread.

Serves 4-6

Large portions of family meals are available for your family. 4-6 Portions.

All are available under the [Specials tab](#).

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