



Monday, April 7th 2025

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 ***Chef Austin's Pick***

Chorizo Breakfast Tots (GF)

Baked potato puffs loaded with scrambled eggs, local chorizo, and cheddar cheese were served with fresh Pico de Gallo and cheddar cheese sauce.

455 Cal | 32g Carb | 21g Fat | 24g Protein

 **Chef's Seasonal Grain Bowl**

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

Add proteins available

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

 **Chicken Penne A La Vodka**

A timeless favorite! Enjoy perfectly cooked al dente penne pasta accompanied by tender roasted chicken, gently spiced penne vodka sauce, delicately shaved Parmesan cheese, and garnished with fresh chives.

Gluten-free and low-carb available

565 Cal | 42g Carb | 28g Fat | 32g Protein

Low Carb (GF): 422 Cal | 26.1g Carb | 20.8g Fat | 35g Protein

Buffalo Grilled Chicken (GF)

Grilled buffalo chicken with blanched broccoli and roasted potatoes served with ranch sauce.

448 Cal | 36g Carb | 24g Fat | 42g Protein

Low Carb (GF): 380 Cal | 18g Carb | 24g Fat | 41g Protein

 **Freshchef's Burger Bowl (GF)**

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

 **Elote Rice and Veggie Bowl (GF)**

This veggie dish screams summer. It consists of steamed white rice with roasted corn and a vegetable medley of grilled zucchini, red bell peppers, poblanos, diced tomato, fresh lime, and cilantro, served with our signature creamy cilantro aioli. Add steak or shrimp to level up your experience.

Add proteins Available

339 Cal | 53g Carb | 11.5g Fat | 7.3g Protein

Low Carb: 206 Cal | 22g Carb | 11.5g Fat | 6.3g 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

Greek Chicken Pitas

Freshchef grilled chicken breast with a cucumber and tomato salad, feta cheese, tzatziki sauce, and pita bread.

Serves 4-6

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!](#)