



**Monday, April 14th 2025**

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 ***Chef Austin's Pick***

 **Breakfast Burrito**

Scrambled eggs, bacon, sweet potatoes, cheddar cheese, roasted onions, and herbed tortilla. Served with Jack's cantina salsa.

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

**Chef's Seasonal Grain Bowl**

A seasonal grain bowl loaded with fiber and protein 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 Bacon Alfredo Pasta**

It's a classic, but it's topped with smokey bacon. This dish has tender fettuccine pasta, Freshchef's signature grilled chicken breast, creamy high-protein alfredo, shaved parmesan cheese, and crispy smokey bacon.

***Gluten-free and low-carb available***

473 Cal | 47.1g Carb | 14.6g Fat | 39.3g Protein

***Low Carb (GF): 322 Cal | 18g Carb | 14.6g Fat | 38g Protein***

**Chicken Cordon Bleu gf**

Lemon and herbed roasted chicken breast, Bavarian smoked ham, lemon butter sauce, mozzarella cheese, green beans, and roasted potatoes.

443 Cal | 12.9g Carb | 20.7g Fat | 55.5g Protein

**Freshchef Teriyaki Beef Lo Mein**

Tender lo mein noodles, Roasted beef filet mignon marinated in teriyaki and Korean glaze, corn, peas, carrots, red bell peppers, and grilled zucchini and served with a side of teriyaki sauce.

*Sub zoodles for low-carb*

478 Cal | 21.2g Carb | 36g Fat | 36.8g Protein

***\*\*NEW\*\**** **Cuban Club Sandwich**

Ciabatta bread, sliced Bavarian ham, slow-braised pork shoulder, house-made pickles, and sweet mustard mayo. Served with sweet potato tots!

*Lettuce wraps for low-carb and gluten-free*

497 Cal | 36.3g Carb | 22g Fat | 35g Protein

***Lettuce Wrap: 352 Cal | 10.3g Carb | 20g Fat | 30.4g Protein***

 **\*\*NEW\*\* Shrimp Curry GF**

Roasted Shrimp with a rich coconut curry sauce, grilled vegetables, broccoli, fluffy white rice, fresh scallions, and lime.

*Sub cauliflower rice for low-carb*

420 Cal | 36g Carb | 28g Fat | 36g Protein

*Low Carb: 329 Cal | 13.1g Carb | 28g Fat | 36g Protein*

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## 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**

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!](#)