



Monday, April 21st 2025

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 ***Chef Austin's Pick***

 **Cranberry Swirl Baked Oatmeal (GF)**

Old-fashioned oats, milk, honey, cranberries, and white chocolate chips. Served with a side of maple syrup and Greek yogurt.

455 Cal | 28g Carb | 26g Fat | 32g Protein

Chef's Seasonal Grain Bowl

A seasonal grain bowl 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 Sausage Tortellini**

Grilled Italian sausage and chicken breast, cheese tortellini pasta, house marinara, and mozzarella cheese.

Sub zoodles for low-carb and gluten-free

444 Cal | 48g Carb | 15g Fat | 30g Protein

****NEW** Chipotle Chicken and Rice**

Grilled chicken breast served with a grilled vegetable medley and creamy chipotle sauce with stewed onions, garlic, and tomatoes. Served on top of steamed white rice.

****MILD SPICE**** *Low Carb Available | Sub Shrimp Available.*

473 Cal | 32g Carb | 28g Fat | 38g Protein

Swedish Meatballs

7 Beef and pork meatballs, mashed potatoes, light brown gravy, blanched broccoli. Served with a lingonberry sauce.

Sub zoodles for low-carb

450 Cal | 30g Carb | 22.4g Fat | 31.8g Protein

Low Carb (GF): 383 Cal | 15.1g Carb | 22.5g Fat | 30.7g Protein

 **Pork Carnitas gf/kf**

Slow-braised pork shoulder, blanched broccoli, roasted carrots, steamed white rice, bell peppers, tomatillo salsa, cotija cheese, and chives.

Sub cauliflower rice for low-carb

478 Cal | 40.6g Carb | 19.1g Fat | 31.7g Protein

Florentine Roasted Salmon gf/kf

A herb-and-garlic marinated salmon filet is topped with sundried tomato, spinach, and artichoke cream sauce, Blanched broccoli, and roasted Yukon potatoes.

Sub cauliflower rice for lower-carb

420 Cal | 33.4g Carb | 15.1g Fat | 39.1g Protein

Low Carb (GF): 404 Cal | 16.5g Carb | 15.5g Fat | 39g Protein

Family Style Meal Series

Chipotle Chicken Pitas

Grilled chicken thighs, pepper jack cheese, chipotle lime aioli, pico de gallo, grilled 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!](#)