



Monday, April 28th, 2025

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Chef Austin's Pick

Steak Eggs and Hash

Tender roasted filet mignon with cheddar scrambled eggs, breakfast potato hash, and tomato salsa.

Dairy-free available

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 the proteins available

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

Pesto Chicken Pasta

Pesto Collaboration with Hundred Acre Farms. Penne pasta with a white wine veggie broth, marinated grilled chicken breast, roasted Roma tomato, shredded mozzarella cheese, and fresh basil pesto.

Sub-gluten-free pasta is available. Contains nuts.

477 Cal | 62.3g Carb | 18.6g Fat | 39g Protein

Low Carb (GF): 306 Cal | 11.2g Carb | 18.6g Fat | 39g Protein

Chicken Fajitas gf/df

Our signature grilled chicken thighs are marinated with spices and lime. It is served with fajita vegetables, grilled zucchini, and steamed cilantro white rice.

Add tortillas available | Corn tortillas are available for gluten-free

344 Cal | 28.9g Carb | 11.2g Fat | 31.5g Protein

Low Carb (GF): 284 Cal | 15.4g Carb | 11.5g Fat | 31.4g Protein

Dandan Noodles

A famous Sichuan street food consists of hoisin garlic and ginger sauce, beef and pork, lo mein noodles, roasted carrots, and blanched broccoli, topped with scallions and sesame.

Gluten-free pasta available or Zoodles

437 Cal | 36.9g Carb | 14.7g Fat | 35.4g Protein

Low carb - 321 Cal | 17.9g Carb | 12.4g Fat | 31.5g Protein

Turkey Club Sandwich

Lettuce, roasted Roma tomato, Ciabatta bread, carved turkey breast, Nueske's Bacon, cheddar cheese, sweet potato puffs, and served with a basil aioli.

Gluten free bun is available

676 Cal | 44.3g Carb | 41.5g Fat | 43.7g Protein

Lettuce Wrap: 479 Cal | 8.2g Carb | 39.5g Fat | 36.9g Protein

Blackened Salmon and Quinoa gf/df

A blackened roasted salmon filet is served with a corn and black bean southwest quinoa salad, blanched broccoli, fresh lime, and chipotle cream sauce.

685 Cal | 50g Carb | 21g Fat | 52.6g Protein

Low Carb: 420 Cal | 18g Carb | 21g Fat | 50g Protein

Family Style Meal Series

Beef Quesadillas

This is another at-home meal from Chef Austin. It consists of flour tortillas, taco-seasoned ground beef, shredded mixed cheese, lettuce, pico de gallo, and chipotle cream sauce.

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!](#)