



Monday, May 12th, 2025 Delivery

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Happy Mother's Day!

 **Chef Austin's Pick**

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

 **Chicken Salad Sandwich**

Roasted shredded chicken breast, celery, cranberries, mayo, and lemon juice are served on a ciabatta roll with leaf lettuce and sweet potato tots.

Sub lettuce wraps for low-carb and gluten-free

623 Cal | 48.2g Carb | 28g Fat | 32g Protein

Low Carb: 426 Cal | 19g Carb | 28g Fat | 32g Protein

 **Chicken Burrito Bowl gf**

Marinated grilled chicken thighs served with steamed rice, fajita vegetables, pico de gallo, a fresh lime wedge, and a chipotle-style aioli on the side.

Low-carb available

452 Cal | 48g Carb | 17g Fat | 34g Protein

LOW CARB - 316 Cal | 18g Carb | 17g Fat | 33g Protein

Meatballs and Vodka Cream Pasta

Penne pasta with a vodka cream sauce, served with chicken and beef meatballs, shaved parmesan cheese and fresh parsley.

402 Cal | 25.8g Carb | 21.8g Fat | 26.5g Protein

Low Carb (GF): 337 Cal | 11.3g Carb | 21.6g Fat | 26.4g Protein

****NEW****  **Pork and Pineapple Stir-fry**

Teriyaki marinated roasted pork, steamed white rice, grilled vegetables, roasted pineapple, and broccoli.

Opt for cauliflower rice for a low-carb alternative.

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

*****NEW** Everything Bagel Salmon**

Everything bagel crushed roasted salmon served with herb roasted potatoes, garlic white sauce, and blanched green beans.

Sub cauliflower rice for low-carb

406 Cal | 42g Carb | 26g Fat | 42g Protein

Low Carb: 257 Cal | 13g Carb | 26g Fat | 42g Protein

Family Style Meal Series

Will Return 5/9/2025

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!](#)