



## Monday, July 21st, 2025 Delivery

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### Chef Austin's Pick

#### **Crumbled Feta Salad gf/kf**

Lettuce Mix, cherry tomatoes, cucumbers, pickled red onions, roasted corn, feta cheese, and balsamic vinaigrette. You'll need the balsamic grilled sirloin on this one :)

*proteins available*

439 Cal | 7.1g Carb | 32.3g Fat | 26.9g Protein

#### **\*\*NEW\*\* Korean Chicken**

Grilled chicken breast tossed and drizzled with Korean BBQ sauce, served with steamed white rice, blanched broccoli, carrot coins, sesame seeds, and scallions.

430 Cal | 32g Carb | 15g Fat | 38g Protein

**Low Carb (GF):** 369 Cal | 21.4g Carb | 15.5g Fat | 39.8g Protein

#### **Pesto Chicken Pasta**

Grilled chicken breast, rigatoni pasta, white wine broth (vegetable stock), Balsamic-marinated tomato bruschetta, shredded Parmesan, and pesto, served on the side.

*Low-carb and gluten-free options are available.*

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

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

#### **\*\*NEW\*\* Shrimp Fajitas (GF)**

Spiced roasted shrimp served with a grilled vegetable fajita blend, cilantro lime steamed white rice, and chipotle cream sauce.

*Add tortillas available*

468 Cal | 36.9g Carb | 16.6g Fat | 41.5g Protein

**Low Carb:** 363 Cal | 15.9g Carb | 16.1g Fat | 38g Protein