



Monday, August 4th, 2025 Delivery

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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**

This seasonal grain bowl is loaded with fiber and protein, consisting of white rice, barley, kale, farro, quinoa, shredded Brussels sprouts, roasted sweet potatoes, 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 Alfredo**

FreshChef marinated grilled chicken breast, smothered with our chicken-based Alfredo sauce, served with fresh flat-leaf spinach, cooked-to-perfection penne pasta, and shaved Parmesan.

Sub zoodles for low carb | Add shrimp available | Gluten-free Pasta

512 Cal | 34.2g Carb | 20.3g Fat | 48.7g Protein

Low Carb (GF): 340 Cal | 12.2g Carb | 20g Fat | 48g Protein

🌟 **Chicken Burrito gf**

Marinated grilled chicken served over steamed white rice with corn and black bean salsa, fresh pico de gallo, and shredded mixed cheese. Comes with a side of creamy cilantro ranch.

Low-carb available

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

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

Beef Stroganoff

Roasted beef tenderloin served over egg noodles, finished with a rich mushroom cream sauce and garnished with fresh-cut parsley.

Zoodles for low-carb | Gluten-Free Available

565 Cal | 51g Carb | 26.2g Fat | 29.5g Protein

Low Carb (GF): 384 Cal | 18.2g Carb | 23.2g Fat | 25.1g Protein

Teriyaki Salmon

Roasted salmon filet served with a honey garlic teriyaki sauce, steamed white rice, and mixed vegetables: Corn, peas, carrots, and green beans.

Cauliflower rice available, gluten-free available.

589 Cal | 61.3g Carb | 18.2g Fat | 45.2g Protein

Low Carb: 457 Cal | 30.3g Carb | 18.2g Fat | 44.2g Protein