



Monday, August 11th, 2025 Delivery

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Chef Austin's Pick

Chef's Seasonal Grain Bowl

Seasonal grain bowl loaded with fiber and protein, it 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

Basil Chicken Pasta

Marinated and roasted chicken breast, penne pasta, balsamic and garlic-marinated tomatoes, Parmesan cheese, and basil aioli.

Gluten-free and low-carb options available

396 Cal | 30.6g Carb | 29.6g Fat | 20.5g Protein

Low Carb: 329 Cal | 11g Carb | 16.2g Fat | 35.6g Protein

****NEW**** **Sweet and Sour Chicken (GF)**

Marinated grilled chicken, served with a sweet and sour glaze, accompanied by steamed white rice, mixed vegetables, scallions, and sesame seeds.

480 Cal | 49.9g Carb | 16.3g Fat | 34.2g Protein

Low Carb: 324 Cal | 15.4g Carb | 15.5g Fat | 32.1g Protein

Bourbon Glazed Meatballs

Beef meatballs, glazed with a sweet and tangy bourbon glaze, served with blanched green beans and roasted potatoes.

Gluten-free meatballs available

482 Cal | 48.6g Carb | 25.6g Fat | 16.7g Protein

****NEW**** **Maple Dijon Salmon (GF)**

Roasted Salmon served with a maple mustard glaze, accompanied by a grilled vegetable medley and steamed white rice.

Sub cauliflower rice for low-carb

460 Cal | 57.3g Carb | 15.8g Fat | 36.9g Protein

Low Carb: 338 Cal | 27.3g Carb | 15.8g Fat | 35.9g Protein