

## Tuesday, September 2nd, 2025 Delivery

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***No Deliveries on Labor Day***

### 🌟 *Chef Austin's Pick*

#### **Breakfast Casserole *gf***

Shredded hashbrown bake with eggs, ham, bacon, scallions, and cheddar cheese. Served with fruit and fresh salsa.

450 Cal | 28g Carb | 18.8g Fat | 31g Protein

#### **Chef's Seasonal Grain Bowl**

Mediterranean grain bowl with kale, quinoa, farro, barley, grilled zucchini, bell peppers, feta cheese, and roasted chickpeas served with tzatziki cream sauce.

*Add proteins available | Dairy-free options available*

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

#### 🌟 **Chicken Teriyaki**

Tender grilled teriyaki chicken with steamed white rice, fresh mixed veggies, and extra teriyaki glaze on the side.

*Sub cauliflower rice for low-carb*

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

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

#### **Mushroom and Asparagus Risotto (GF)**

Arborio rice, shallots, garlic, white wine, vegetable stock, roasted mushrooms and onions, parmesan cheese, tender asparagus, with a choice of protein add-on.

450 Cal | 36g Carb | 18g Fat | 20g Protein

#### **Sweet Chili Roasted Salmon *gf|df***

Roasted salmon served with a sweet garlic chili sauce, steamed white rice and green beans.

*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

## **Family Style:**

### **Chicken Parmesan**

4 breaded chicken parmesan cutlets, served with linguine pasta, marinara, mozzarella cheese, and alfredo.

*\*Mix Alfredo with pasta. Top chicken cutlets with marinara and mozzarella - bake in a 350°F oven for 20 minutes. Serve cutlets with pasta.*