

# Monday, September 8th, 2025 Delivery

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## **Chef Austin's Pick**

### **Pretzel Breakfast Sandwich**

Pretzel Bun, hand-carved ham, scrambled eggs, served with arugula, roasted Roma tomatoes, and herbed cream cheese spread for extra flavor!

*Add a fruit cup available*

451 Cal | 28.6g Carb | 23.4g Fat | 33g Protein

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

This seasonal grain bowl is packed with fiber and protein, featuring a blend 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 and "Dumplings"**

Marinated and roasted chicken breast, chicken broth cream, peas, corn, carrots, fresh dill, parsley, poached potato gnocchi, and lemon wedge.

*Gluten-free options available*

497 Cal | 46g Carb | 18.8g Fat | 35.5g Protein

### **Vegetarian Mexican lasagna GF**

There are lots of veggies here! Roasted bell peppers, onions, garlic, zucchini, sweet potato, black beans, corn, and poblano peppers are laid on corn tortillas, covered in chipotle red sauce, mixed cheeses, and cilantro for garnish, and served with a side of sour cream.

*Add proteins available*

556 Cal | 76.5g Carb | 21g Fat | 16.7g Protein

### **Bourbon Glazed Roasted Salmon GF**

A herb-and garlic-marinated salmon fillet, glazed with tangy bourbon sauce, is served with blanched green beans, roasted potatoes, and bagel seasoning.

*Sub cauliflower rice for low-carb*

454 Cal | 42.5g Carb | 15.2g Fat | 40.8g Protein

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

## **Family Style: Serves 4-6**

### **General Tso Chicken**

Breaded chicken bites served with a side of General Tso's Sauce, steamed white rice, and grilled vegetable medley.

*Heat the chicken on a sheet tray in the oven at 350°F for 15–20 minutes. Warm the sauce separately and serve it over the chicken. The vegetables and rice should be served hot and can be reheated in the microwave for about 3 minutes.*