

Monday, September 29nd, 2025 Delivery

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🌟 Chef Austin's Pick

🌟 Spiced Apple Pie French Toast

Brioche bread soaked in a vanilla and cinnamon custard. Roasted brown sugar apples, topped with turbinado sugar, served with maple syrup and fresh berries.

440 Cal | 40g Carb | 14g Fat | 37g 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

****NEW**** Chicken and Sausage Rigatoni

Rigatoni pasta with a tomato cream sauce, grilled Italian sausage, chicken breast, shaved parmesan, and chopped parsley.

Gluten-Free Pasta Available

502 Cal | 48g Carb | 12g Fat | 36g Protein

Low Carb: 386 Cal | 18g Carb | 12g Fat | 36g Protein

🌟 Chicken Pot Pie Casserole

Deconstructed chicken pot pie with grilled chicken breast, light cream sauce, mixed vegetables, and two cheddar and chive biscuits.

Gluten Free: No Biscuit.

550 Cal | 38g Carb | 32g Fat | 44g 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

Baked Salmon gf/df

Freshchef baked salmon filet topped with a roasted garlic herbed butter, served with green beans and roasted potatoes.

Shrimp available | Sub cauliflower rice for low-carb

420 Cal | 33.4g Carb | 15.1g Fat | 39.1g Protein

Low Carb (GF): 404 Cal | 16.5g Carb | 15.5g Fat | 39g Protein

Family Style: Serves 4-6

Chipotle Chicken Pitas

Grilled chicken thighs, pepper jack cheese, chipotle lime aioli, pico de gallo, and grilled pita bread.

Serves 4-6