

Monday, October 13th 2025 Delivery

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🌟 Chef Austin's Pick

Chorizo Breakfast Bowl (GF)

Roasted redskin potatoes, ground chorizo, scrambled eggs, shredded pepper jack, and cheddar cheeses served with a side of tomatillo salsa and pico de gallo.

Dairy-free option available

454 Cal | 60g Carb | 13g Fat | 23g Protein

🌟 **Southwest Seasonal Grain Bowl**

A Southwest warm grain bowl loaded with veggies and fiber. It includes rice, barley, quinoa, and kale, roasted sweet roasted corn, seasoned black beans, pico de gallo, and bell peppers are also included. The bowl is served with a cilantro-lime vinaigrette.

Add proteins available

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

🌟 **Cajun Chicken Pasta**

Grilled chicken breast with a Cajun cream sauce, penne pasta, andouille sausage, fresh diced tomato, and scallions.

Gluten-free and low-carb options available

565 Cal | 42g Carb | 28g Fat | 32g Protein

Low Carb (GF): 422 Cal | 26.1g Carb | 20.8g Fat | 35g Protein

🌟 **Buffalo Chicken Sandwich**

Turano brioche bun, buffalo marinated grilled chicken breast, sliced cheddar cheese, served with a side of ranch and sweet potato puffs. This meal has a light spice.

Sub lettuce wraps for low-carb and gluten-free

611 Cal | 55.1g Carb | 26g Fat | 35.6g Protein

Low Carb: 444 Cal | 29.6g Carb | 21g Fat | 31.2g Protein

Masal Salmon gf/df

Letty's baked salmon served with a coconut tomato curry masala sauce. Blanch green beans and seasoned yellow rice.

This dish is a must-try!

492 Cal | 25.8g Carb | 15.5g Fat | 40.9g Protein

Family Style: Serves 4-6

Beef Tips

Tenderloin beef tips braised in a red wine mushroom gravy served with mashed potatoes and blanched green beans.

Serves 4-6