

Monday, October 20th 2025, Delivery

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🌟 *Chef Austin's Pick*

Breakfast Burrito

Scrambled eggs, bacon, sweet potatoes, cheddar cheese, roasted onions. Herbed tortilla. Served with Jack's cantina salsa.

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

🌟 **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

Chicken and Sausage Penne Pasta

Penne pasta with a bed of spinach, grilled chicken, crumbled Italian sausage, mushroom cream sauce, and shaved parmesan cheese.

Gluten-free pasta available

545 Cal | 42g Carb | 26g Fat | 32g Protein

Low Carb (GF): 322 Cal | 11.2g Carb | 26g Fat | 31g Protein

🌟 **Chicken Burrito Bowl gf**

Marinated grilled chicken served over steamed white rice with corn and black bean salsa, fresh pico de gallo, and shredded mixed cheese. Comes with a side of creamy cilantro sauce.

Low-carb available

452 Cal | 48g Carb | 17g Fat | 34g Protein

LOW CARB - 316 Cal | 18g Carb | 17g Fat | 33g Protein

Swedish Meatballs

7 Beef and pork meatballs, mashed potatoes, light brown gravy, and blanched broccoli. Served with a lingonberry sauce.

Sub zoodles for low-carb | Gluten Free Meatballs Available

450 Cal | 30g Carb | 22.4g Fat | 31.8g Protein

Low Carb (GF): 383 Cal | 15.1g Carb | 22.5g Fat | 30.7g Protein

****NEW** Teriyaki Salmon**

Roasted salmon filet served with a honey garlic teriyaki sauce, steamed white rice, and mixed vegetables: Corn, peas, carrots, and green beans.

Cauliflower rice is available, gluten-free.

589 Cal | 61.3g Carb | 18.2g Fat | 45.2g Protein

Low Carb: 457 Cal | 30.3g Carb | 18.2g Fat | 44.2g Protein