

Monday, October 27th, 2025, Delivery

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🌟 Chef Austin's Pick

🌟 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

🌟 Cream of Chicken and Vegetable (GF)

Bringing it back to Chef Austin's Childhood: steamed white rice with grilled chicken breast, chicken broth and cream, peas, carrots, green beans, corn, grilled zucchini, and red bell peppers.

546 Cal | 30.5g Carb | 22g Fat | 40.1g Protein

Low Carb: 379 Cal | 16.6g Carb | 21.6g Fat | 35.5g Protein

Chicken Bulgogi

A Freshchef Fan Favortie. Korean BBQ Grilled chicken, udon noodles, mixed vegetables, and scallions. Served with a Korean BBQ sauce.

Low Carb Available

480 Cal | 56.4g Carb | 9.5g Fat | 41.2g Protein

Low Carb: 292 Cal | 18.2g Carb | 9.1g Fat | 35.3g Protein

🌟 Tomato Gnocchi VEG

Blanched potato gnocchi, tomato basil cream sauce, roasted cherry tomatoes, fresh spinach, grilled zucchini, and shredded parmesan cheese.

zoodles for low carb | add proteins available |

356 Cal | 43g Carb | 28g Fat | 19g Protein

🌟 Classic Meatloaf (GF)

Beef and pork meatloaf topped with Sweet and tangy tomato sauce, buttered corn, and whipped Yukon gold mashed potatoes.

580 Cal | 67.8g Carb | 16.8g Fat | 38.5g Protein

Low Carb (GF): 320 Cal | 9.1g Carb | 15.1g Fat | 43.1g Protein

🌟 Chipotle Shrimp Tacos

Spiced roasted shrimp, seasoned yellow rice, pico de gallo, chipotle cream sauce (mild spice), and two flour tortillas.

Sub cauliflower rice for low carb | sub Corn Tortillas available for gluten-free

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