

Monday, November 10th, 2025, Delivery
Save 20% on your first order with ***freshchef20*** at checkout!

🌟 **Chef Austin's Pick**

🌟 **Chef's Seasonal Grain Bowl**

This seasonal grain bowl is loaded with fiber and protein, consisting 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

🌟 **Cacio De Pepe Pasta**

Translation: Cheese and Pepper. Spaghetti noodles, grilled chicken, parmesan cream sauce, and cracked black pepper served with steamed broccoli.

Zoodles for gluten-free, low-carb | Sub Salmon Available

523 Cal | 49.5g Carb | 23.8g Fat | 33.1g Protein

Low Carb: 356 Cal | 14.5g Carb | 23.4g Fat | 28.5g Protein

****NEW**** 🌟 **Chicken Marsala (GF)**

Herb-marinated roasted chicken breast topped with a creamy and savory mushroom marsala wine sauce, blanched green beans, and roasted Yukon gold potatoes.

Low-carb and vegetable swap available

467 Cal | 46.9g Carb | 17.3g Fat | 35.2g Protein

Low Carb (GF): 255 Cal | 16.3g Carb | 8.7g Fat | 33g Protein

Loaded Chili Potatoes (GF)

Roasted potato wedges topped with our house-made beef chili, shredded mixed cheese, scallions, pico de gallo, and sour cream. YUM!

488 Cal | 61.5g Carb | 16.2g Fat | 27.6g Protein

****NEW**** **Bang Bang Shrimp (GF)**

8 pieces of perfectly roasted jumbo shrimp, served alongside blanched broccoli, seasoned white rice, bang bang shrimp sauce for dipping, and garnished with scallions.

Sub cauliflower rice for low-carb

312 Cal | 30g Carb | 9.4g Fat | 27g Protein

Low Carb (GF): 247 Cal | 15.5g Carb | 9.2g Fat | 26.9g Protein

Family Meal

Carnitas Tacos

Braised shredded carnitas (pork) meat. Seasoned yellow rice, pico de gallo, shredded lettuce, and cilantro aioli. Flour tortillas.