

Monday, November 3rd, 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

🌟 Chicken Parm Pasta

Breaded chicken breast topped with marinara, shaved Parmesan, and mozzarella, served on a bed of linguine and alfredo sauce.

Sub zoodles for low-carb and gluten-free

477 Cal | 62.3g Carb | 18.6g Fat | 39g Protein

Low Carb (GF): 306 Cal | 11.2g Carb | 18.6g Fat | 39g Protein

****NEW**** Bourbon Chicken Dinner (GF)

Grilled bourbon chicken, green beans, roasted carrots, and whipped Yukon Gold mashed potatoes—a perfectly balanced meal.

428 Cal | 55.8g Carb | 18g Fat | 32.2g Protein

Low Carb (GF): 380 Cal | 26.9g Carb | 18g Fat | 59g Protein

🌟 Loaded Sweet Potato Bowl (GF)

Roasted sweet potatoes, corn, and black bean pico de gallo, fresh cilantro, shredded mixed cheese, and a cilantro lime crema.

Add proteins Available.

474 Cal | 52.1g Carb | 23.5g Fat | 14.5g Protein

🌟 ****NEW**** Everything Bagel Salmon (GF)

Everything bagel-crusted roasted salmon, served with herb-roasted potatoes, white garlic sauce, and blanched broccoli.

Sub cauliflower rice for low-carb

406 Cal | 42g Carb | 26g Fat | 42g Protein

Low Carb: 257 Cal | 13g Carb | 26g Fat | 42g Protein

Soup Special

Loaded Potato (GF)

Cream-based soup with potatoes, carrots, celery, crumbled bacon, and finished with shredded mixed cheeses and scallions.