



Monday, December 1st, 2025, Delivery

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🌟 ***Chef Austin's Pick***

Chorizo Breakfast Burrito

A Freshchef Cafe Favorite. Local pork Chorizo, roasted potatoes, and cheddar cheese. Served with a tomatillo avocado salsa.

485 Cal | 48g Carb | 18g Fat | 28g 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

****NEW** Chicken and Sausage Rigatoni**

Marinated grilled chicken, Grilled Italian sausage, rigatoni pasta, fresh tomato cream sauce, shaved parmesan cheese, and chopped parsley.

Sub zucchini noodles for gf or GF Pasta | dairy-free option available

437 Cal | 43.5g Carb | 17.8g Fat | 49.2g Protein

Low Carb (GF): 360 Cal | 9.4g Carb | 12.2g Fat | 50.1g Protein

🌟 **Chicken Teriyaki**

Tender grilled teriyaki chicken with steamed white rice, fresh mixed veggies, and extra teriyaki glaze on the side.

Sub cauliflower rice for low-carb

430 Cal | 32g Carb | 15g Fat | 38g Protein

Low Carb (GF): 369 Cal | 21.4g Carb | 15.5g Fat | 39.8g Protein

🌟 **Bourbon Glazed Roasted Salmon gf/df**

A herb-and-garlic-marinated salmon filet, glazed with tangy bourbon sauce, is served with blanched green beans, roasted potatoes, and bagel seasoning.

Sub cauliflower rice for low-carb

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

Low Carb (GF): 369 Cal | 21.4g Carb | 15.5g Fat | 39.8g Protein