



Monday, December 8th, 2025, Delivery

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🌟 ***Chef Austin's Pick***

Salmon Lox Bagel

Everything bagel, smoked salmon, lemon-dill caper cream cheese, pickled red onions, and arugula.
Served with fresh fruit.

484 Cal | 55.4g Carb | 16g Fat | 26.6g 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 Bacon Alfredo Pasta**

It's a classic but topped with smoky bacon. This dish features penne pasta, Freshchef's signature grilled chicken breast, creamy, high-protein Alfredo, shaved Parmesan cheese, and crispy smoked bacon.

Gluten-free and low-carb options available

473 Cal | 42g Carb | 28g Fat | 32g Protein

Low Carb (GF): 422 Cal | 26.1g Carb | 20.8g Fat | 35g Protein

🌟 **Chicken Mushroom Bruschetta (GF)**

Marinated chicken breast topped with a mushroom bruschetta - mushrooms, caramelized onions, lemon juice, and diced tomatoes. Topped with an herb cream cheese and served with steamed white rice.

Low-carb available

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

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

*****NEW***** **Garlic Butter Steak Dinner (GF)**

Roasted garlic butter filet mignon bites served with blanched green beans, roasted carrots, and creamy Yukon gold mashed potatoes.

565 Cal | 51g Carb | 26.2g Fat | 29.5g Protein

Low Carb (GF): 384 Cal | 18.2g Carb | 23.2g Fat | 25.1g Protein

Shrimp and Andouille Sausage Boil (GF)

Cajun roasted shrimp, andouille sausage, steamed baby potatoes, corn, creole broth, lemon wedge, and fresh parsley.

Sub chicken for shrimp available

556 Cal | 32.6g Carb | 25.4g Fat | 42.5g Protein