



Monday, December 29th, 2025, Delivery

🌟 *Chef Austin's Pick*

Pretzel Breakfast Sandwich

Miller Pretzel Bun, hand-cut carved ham, scrambled egg, served with arugula, roasted Roma tomatoes, and herbed cream cheese spread for extra flavor!

Add a fruit cup available

451 Cal | 28.6g Carb | 23.4g Fat | 33g Protein

🌟 **Roasted Beet Grain Bowl (DF)**

Ancient-grain bowl with kale, quinoa, farro, barley, roasted red beets, carrots, chickpeas, and Brussels sprouts. Served with a maple dijon vinaigrette.

Add proteins available

335 Cal | 70g Carb | 3.2g Fat | 13.2g Protein

🌟 **BBQ Chicken Meal (GF)**

Freshchef BBQ chicken drizzled with sweet baby rays, brown butter sweet potatoes, broccoli, and steamed carrots—a home comfort classic.

512 Cal | 34.2g Carb | 20.3g Fat | 48.7g Protein

Curry Chicken Pasta (DF)

Marinated grilled chicken, bow-tie pasta, peas, roasted carrots, bell pepper, and green beans, coconut curry sauce, fresh lime, and cilantro!

Sub zucchini noodles for gf or GF Pasta

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

🌟 **Turkey "Egg Roll" In a Bowl (GF)**

Ginger-garlic ground turkey, roasted cabbage, corn, carrots, green beans, red bell pepper, steamed white rice, sesame seeds, and scallions, served with sweet chili mayo.

506 Cal | 32g Carb | 20g Fat | 34g Protein

Pesto Salmon Dinner

Herb roasted salmon filet, our signature walnut pesto sauce, grilled vegetable medley, and steamed white rice.

Contains nuts and dairy | Low Carb Available

589 Cal | 61.3g Carb | 18.2g Fat | 45.2g Protein

Low Carb: 457 Cal | 30.3g Carb | 18.2g Fat | 44.2g Protein

Soup: Chicken and Dumpling