



Monday, January 19th, 2026, Delivery

Chef Austin's Pick

(GF)/(DF) = Gluten Free / Dairy Free

Meat Lovers Breakfast Burrito

Flour tortilla, scrambled eggs, smoked ham, bacon, breakfast sausage, shredded cheddar cheese, and chipotle cream sauce.

450 Cal | 60g Carb | 13g Fat | 23g 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

Korean Chicken

Tender grilled chicken with steamed white rice, Korean glaze on the side, broccoli florets, and roasted carrots.

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

Chicken Fra Diavolo

This dish brings Chef Austin back to his Bravo! Days. It features roasted chicken breast, garlic, onions, alfredo, marinara, crushed red pepper, penne pasta, and chives.

Add shrimp available | Zoodles for low-carb, gluten-free

Gluten-free and dairy-free options are available

493 Cal | 49.2g Carb | 14.8g Fat | 34.2g Protein

Low carb - 298 Cal | 11.1g Carb | 15.2g Fat | 28.7g Protein

NEW Honey Mustard Grilled Pork Chop

Marinated boneless 6oz grilled pork chop, served with a sweet-and-tangy mustard sauce, green beans, roasted carrots, and rosemary roasted potatoes.

Opt for cauliflower rice for a low-carb alternative.

457 Cal | 43.3g Carb | 12.1g Fat | 38.9g Protein

NEW Chipotle Shrimp Burrito Bowl

Our roasted spiced shrimp is served with tangy chipotle sauce, pico de gallo, black beans, and yellow rice.

Sub cauliflower rice for low carb

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

Family Meal

Chicken Parmesan

4 breaded chicken parmesan cutlets, served with penne pasta, marinara, mozzarella cheese, and alfredo.

**Mix Alfredo with pasta. Top chicken cutlets with marinara and mozzarella - bake in a 350°F oven for 20 minutes. Serve cutlets with pasta.*