



Monday, January 26th, 2026, Delivery

🌟 Chef Austin's Pick

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

Steak and Eggs Hash (GF)

Grilled beef tenderloin, organic scrambled eggs, roasted potato, onion pepper hash, cheddar cheese, and chives, with Jack's salsa.

Dairy-free option available

374 Cal | 20.5g Carb | 20.2g Fat | 26.1g 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

🌟 Cajun Chicken Pasta

Grilled chicken breast with Cajun cream sauce, penne pasta, andouille sausage, fresh-diced tomato, and scallions.

Gluten-free and low-carb options available

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

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

🌟 Chicken Fajitas(GF)(DF)

Our signature grilled chicken is marinated with spices and lime. It is served with fajita vegetables, grilled zucchini, seasoned rice, fresh lime, and pico de gallo.

Add tortillas available | Corn tortillas are available for gluten-free

344 Cal | 28.9g Carb | 11.2g Fat | 31.5g Protein

Low Carb (GF): 284 Cal | 15.4g Carb | 11.5g Fat | 31.4g Protein

NEW 🌟 Turkey Lettuce Wrap Bowl (DF)

Ginger, garlic, and hoisin seasoned turkey, served with white rice, shredded carrots, scallions, sesame seeds, and blanched broccoli.

508 Cal | 26.5g Carb | 33.7g Fat | 35.5g Protein

Low Carb (GF): 370 Cal | 4.3g Carb | 30.2g Fat | 21.8g Protein

****NEW** Creamy Mushroom Stroganoff (Meatless)**

Mushrooms and onions in a light cream sauce, served over egg noodles and garnished with chopped fresh parsley.

Add proteins available. Gluten-Free pasta available.

420 Cal | 60g Carb | 12g Fat | 15g Protein

Garlic Butter Baked Salmon (GF)(DF)

Freshchef baked salmon filet topped with roasted garlic-herbed butter, served with green beans and roasted potatoes.

Shrimp available | Sub cauliflower rice for low-carb

428 Cal | 33g Carb | 17.2g Fat | 36.7g Protein

Soup Special

Chicken Wild Rice Soup (GF)

Chicken broth-based soup. Carrots, celery, onions, roasted chicken, wild rice, and fresh parsley.

32oz Serving 3-4 Servings