



## 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**