



## Monday, January 2nd, 2026, Delivery

### 🌟 Chef Austin's Pick

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

#### Pretzel Breakfast Sammie

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

*Add fruit cup available*

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

#### 🌟Southwest Seasonal Grain Bowl

A Southwest warm grain bowl loaded with veggies and fiber. It includes rice, barley, quinoa, and a kale, roasted sweet roasted corn, seasoned black beans, pico de gallo, and bell peppers are also included. The bowl is served with a honey cilantro-lime dressing.

*Add proteins available*

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

#### \*\*NEW\*\* 🌟Chicken Tikka Masala (GF)

Tender grilled chicken breast smothered in a savory butter curry sauce and served with blanched green beans and saffron rice and fresh lime.

*Low Carb Available*

462 Cal | 55.3g Carb | 8.4g Fat | 39.7g Protein

Low Carb: 282 Cal | 15.2g Carb | 8.7g Fat | 37.6g Protein

#### 🌟Chicken Piccata (GF)

Lemon and garlic grilled chicken breast, lemon cream caper sauce, steamed white rice, blanched broccoli, fresh parsley and lemon wedge.

462 Cal | 55.3g Carb | 18.4g Fat | 39.7g Protein

Low Carb: 282 Cal | 15.2g Carb | 18.4g Fat | 37.6g Protein

#### Freshchef Beef Stew (GF)

Roasted beef tenderloin, steamed baby carrots, green beans, peas, corn, yukon potatoes, beef gravy, and fresh parsley.

450 Cal | 30g Carb | 22.4g Fat | 31.8g Protein

**Sweet Corn and Tomato Risotto (GF)**

Arborio rice, shallots, garlic, white wine, vegetable stock, sweet corn, roasted poblano relish, sun-dried tomatoes, and shredded parmesan cheese.  
450 Cal | 36g Carb | 18g Fat | 20g Protein

**\*\*NEW\*\* Marry Me Salmon Pasta**

Salmon filet smother with a sundried tomato roasted garlic cream sauce. Served over a bed of spinach and penne pasta

*Protein swap available | Gluten Free pasta available*

426 Cal | 40.1g Carb | 17.6g Fat | 35g Protein

**Low Carb (GF): 237 Cal | 23g Carb | 17g Fat | 35g Protein**

**Family Meal****Grilled Chicken Fried Rice**

**Teriyaki grilled chicken thighs served with vegetable fried rice, steamed broccoli and teriyaki sauce on the side.**

**Serves 4-5**