



## Monday, February 9th, 2026, Delivery

### Chef Austin's Pick

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

#### **Biscuits and Gravy Scrambler**

Cheddar and chive biscuit, pork sausage gravy, scrambled eggs, and pork sausage links.

556 Cal | 41.3g Carb | 20.3g Fat | 30.4g Proteins

#### Southwest Seasonal Grain Bowl

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

*Add proteins available*

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

#### **Chicken Bulgogi**

Korean BBQ Grilled chicken, udon noodles, mixed vegetables, and scallions. Served with a Korean BBQ sauce.

*Low-carb (GF) Available*

480 Cal | 56.4g Carb | 9.5g Fat | 41.2g Protein

Low Carb: 292 Cal | 18.2g Carb | 9.1g Fat | 35.3g Protein

#### Greek Chicken (GF)

Lemon and garlic-baked chicken leg quarter, served with vegetable rice pilaf: bell peppers, grilled red onions, zucchini, roasted chickpeas, parsley, lemon, and feta cheese. Served with a side of tzatziki sauce.

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

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

#### **Chili Cheese Mac**

Bringing back a meal from Chef Austin's childhood. Beef chili loaded with veggies, beans, tomato sauce, onions, and garlic. Served over elbow macaroni, topped with shredded cheddar cheese, scallions, and diced tomato. Served with a side of sour cream.

*Sub GF pasta for GF | add jalapeños available*

478 Cal | 21.2g Carb | 36g Fat | 36.8g Protein

#### **Sweet Potato and Black Bean Enchiladas (GF)**

Open-face enchiladas. Spiced roasted sweet potatoes, corn, black beans, onions, and tomatoes served with red enchilada sauce, shredded cheddar cheese, and sour cream.

*Add proteins available*

454 Cal | 60g Carb | 13g Fat | 23g Protein

### Florentine Roasted Salmon (GF)

A herb-and-garlic-marinated salmon filet is topped with sundried tomatoes, spinach, and artichoke cream cheese, roasted Yukon potatoes, and green beans.

*Sub cauliflower rice for lower-carb*

420 Cal | 33.4g Carb | 15.1g Fat | 39.1g Protein

Low Carb (GF): 404 Cal | 16.5g Carb | 15.5g Fat | 39g Protein

## Weekly Soup

### Broccoli Cheddar Soup

**Cream-based soup, with carrots, celery, and onions. Chicken stock, broccoli and aged cheddar cheese**

**Serves 2-4 - 32oz serving**