



Monday, February 16th, 2026, Delivery

☀️ *Chef Austin's Pick*

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

Southwest Breakfast Protein Bowl (GF)

Local pork chorizo, red skin potatoes, scrambled eggs, shredded mixed cheeses, black beans, pico de gallo, tomatillo salsa

450 Cal | 28g Carb | 18.8g Fat | 31g Protein

☀️ **Chef's Seasonal Grain Bowl**

This seasonal grain bowl, loaded with fiber and protein, 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

****NEW** ☀️ Chicken and Sausage Rigatoni**

Indulge in this pasta smothered in tomato sauce, grilled chicken breast, Italian sausage crumbles, rigatoni pasta, and shaved parmesan.

Gf pasta available

502 Cal | 48g Carb | 12g Fat | 36g Protein

Low Carb: 386 Cal | 18g Carb | 12g Fat | 36g Protein

☀️ **Chicken Pozole Verde (GF)**

This soup-style dish is served with steamed white rice, chicken breast, tomatillo-based broth with onions, garlic, and cilantro, and golden hominy. This is a warm and savory master piece.

Low Carb Available | This dish has mild spice

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

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

Beef and Broccoli Stir Fry

Teriyaki and sesame-marinated beef with vibrant blanched broccoli, steamed white rice, garnished with scallions, sprinkled with sesame seeds, and a side a teriyaki sauce.

Sub zoodles or cauliflower for lower-carb

402 Cal | 25.8g Carb | 21.8g Fat | 26.5g Protein

Low Carb (GF): 337 Cal | 11.3g Carb | 21.6g Fat | 26.4g Protein

☀️ **Bourbon Glazed Roasted Salmon (GF)(DF)**

A herb-and-garlic-marinated salmon filet, glazed with tangy bourbon sauce, is served with blanched green beans, roasted potatoes, and bagel seasoning.

Sub cauliflower rice for low-carb

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

Low Carb (GF): 369 Cal | 21.4g Carb | 15.5g Fat | 39.8g Protein

Family Meal

Classic Chicken Alfredo with Roasted Broccoli

12 ounces of cooked penne pasta, one pint of Freshchef Alfredo, roasted broccoli, and garlic bread to bake at home.

Sub-gluten-free pasta is available

Serves 4-6