



## Monday, February 23th, 2026, Delivery

### 🌟 Chef Austin's Pick

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

#### Bacon Cheddar Egg Bites (GF)

A Freshchef Original Gangster. Four egg bites with whole eggs, smoked applewood bacon, shredded cheddar cheese, and scallions. Served with Tomato Salsa.

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

### 🌟 Chef's Seasonal Grain Bowl

Mediterranean grain bowl with kale, quinoa, farro, barley, grilled zucchini, bell peppers, feta cheese, and roasted chickpeas served with tzatziki cream sauce.

*Add proteins available | Dairy-free options available*

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

### \*\*NEW\*\* 🌟 Honey Garlic Chicken (GF)

Smokey grilled chicken served with a honey-garlic orange sauce, green beans, grilled red peppers, and mashed potatoes.

402 Cal | 30g Carb | 28g Fat | 32g Protein

Low Carb: 320 Cal | 8g Carb | 28g Fat | 32g Protein

### 🌟 Pesto Chicken Pasta - Rotini

Rotini pasta with grilled chicken breasts, pesto, light white winter vegetable broth, shaved parmesan cheese, and roasted cherry tomatoes.

*Gluten-Free Pasta Available*

427 Cal | 39.7g Carb | 22g Fat | 31.7g Protein

Low Carb: 260 Cal | 13.8g Carb | 21.7g Fat | 31g Protein

### Turkey Cantina Power Bowl (GF)

A mixture of taco-seasoned ground turkey, steamed white rice, pico de gallo, roasted corn, black beans, cheddar cheese, and cilantro cream sauce.

478 Cal | 40.6g Carb | 19.1g Fat | 31.7g Protein

Low Carb (GF): 56 Cal | 48.8g Carb | 16.4g Fat | 35.1g Protein

### \*\*NEW\*\* Roasted Vegetable Alfredo Bake

Penne tossed with roasted broccoli, mushrooms, and spinach in a light parmesan cream sauce. Baked until golden, finished with breadcrumbs and fresh herbs.

*Add proteins available*

400 Cal | 51.2g Carb | 16.6g Fat | 14.6g Protein

 **Roasted Salmon and Rice Pilaf (GF)**

Our roasted salmon filet is served over a vegetable rice pilaf (roasted carrots, zucchini, bell peppers, and peas), with a fresh lemon wedge and a lemon-herb compound butter.

*Sub cauliflower rice for low-carb*

506 Cal | 42g Carb | 26g Fat | 32g Protein

## **Family Meal**

### **Chicken Fajitas**

**One pound grilled adobo lime chicken, fajita vegetables, yellow seasoned rice, stewed black beans, and pico de gallo.**

**Serves 4-6**