



Monday, March 9th, 2026, Delivery

Chef Austin's Pick (GF)/(DF) = Gluten Free / Dairy Free

Bacon Egg and Cheese Sourdough

Turano Sourdough bread, bacon jam, Nueskes bacon, scrambled eggs, white cheddar cheese, American cheese, arugula, and roasted Roma tomato.

For best results, toast the sandwich open-face in an air fryer or oven, then finish with arugula and roasted tomato.

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

****NEW** Asian Grain Bowl**

Grains of white rice, barley, kale, farro, quinoa, and tossed with shredded carrots, edamame, cilantro, scallions, and roasted broccoli.

Add proteins available | Dairy-free options available

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

Jalapeño Popper Chicken (GF)

Chef Austin's Favorite. Freshchef grilled chicken breast, topped with jalapeño, sundried tomato, and artichoke cream cheese. Blanched broccoli and roasted potatoes.

Light Spice

452 Cal | 32.8g Carb | 12.4g Fat | 33.3g Protein

Low Carb: 279 Cal | 12.8g Carb | 12.4g Fat | 33.3g Protein

Chicken and Bacon Alfredo Pasta

It's a classic but topped with smoky bacon. This dish features tender fettuccine pasta, Freshchef's signature grilled chicken breast, creamy, high-protein Alfredo, shaved Parmesan cheese, and crispy smoked bacon.

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

****NEW** Balsamic Steak and Grilled Veg (GF)**

Roasted balsamic filet mignon sliced and served with balsamic glaze, grilled vegetables: zucchini, yellow squash, bell pepper, asparagus, roasted carrots, and served with steamed white rice—SO GOOD, promise.

Cauliflower for lower-carb

477 Cal | 34g Carb | 22g Fat | 38g Protein

Low Carb (GF): 340 Cal | 14g Carb | 21.6g Fat | 38g Protein

Marry Me Salmon (GF)

Freshchef Roast salmon with sundried tomato and roasted garlic tomato sauce. Fresh chives, steamed green beans, and mashed potatoes.

520 Cal | 32.8g Carb | 21.6g Fat | 49.8g Protein

Low Carb (GF): 475 Cal | 18.6g Carb | 27.2g Fat | 42.1g Protein

Family Meal

Beef Quesadillas

Flour tortillas, taco-seasoned ground beef, shredded mixed cheese, lettuce, pico de gallo, and chipotle cream sauce.

Serves 4-6