



Monday, March 16th, 2026, Delivery

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

****NEW** Chai Spiced Baked French Toast**

Baked French Toast inspired by Nick's homemade Chai Latte. Sourdough and Brioche bread, chai spices (cinnamon, allspice, nutmeg, cardamom), served with fresh strawberries, vanilla Greek yogurt, and a homemade caramel sauce.

556 Cal | 41.3g Carb | 20.3g Fat | 25g Proteins

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

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

Add proteins available

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

 Greek Chicken (GF)

Tender grilled chicken breast served with steamed white rice, grilled zucchini, roasted pepper and onions, tzatziki sauce, tomato, and feta cheese relish.

Low Carb Available | Dairy-free 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 Salad Sandwich

Freshchef Signature Chicken Salad with celery, cranberries, mayo, and lemon juice is served on a brioche bun with leaf lettuce and sweet potato tots.

Sub lettuce wraps for low-carb and gluten-free

523 Cal | 48.2g Carb | 28g Fat | 32g Protein

Low Carb: 326 Cal | 19g Carb | 28g Fat | 32g Protein

****Corned Beef Dinner (GF)****

Slow-roasted corned beef, sliced and served with steamed baby carrots, roasted potatoes, braised cabbage, and a horseradish dipping sauce.

465 Cal | 31g Carb | 26.2g Fat | 39.5g Protein

 Carnitas Bowl (GF)

Slow-roasted pork shoulder served over fluffy white rice, loaded up with corn and black bean pico, pickled red onions, and drizzled with our creamy cilantro sauce.

Sub cauliflower rice for low-carb

445 Cal | 52g Carb | 28g Fat | 32g Protein

Lower Carb (GF): 306 Cal | 11.2g Carb | 28g Fat | 32g Protein

NEW Bang Bang Shrimp (GF)(DF)

8 pcs Perfectly roasted jumbo shrimp served alongside blanched broccoli, seasoned white rice, bang bang shrimp sauce for dipping, and garnished with scallions.

Sub cauliflower rice for low-carb

312 Cal | 30g Carb | 9.4g Fat | 27g Protein

Low Carb (GF): 247 Cal | 15.5g Carb | 9.2g Fat | 26.9g Protein

Feratured Soup

Chicken & Wild Rice Soup

Chicken broth-based soup, loaded with carrots, celery, onions, chicken breast, wild rice blend, and fresh parsley.