



## Monday, March 23rd, 2026, Delivery

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

#### **Chorizo Breakfast Bowl**

Roasted redskin potatoes, fresh ground local chorizo, scrambled eggs, shredded mixed cheeses, and tomatillo salsa.

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

#### **\*\*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

#### **☀️ White Chicken Chili (GF)**

This White Chicken Chili is hearty, warm, creamy, and comforting. It features tender chicken breasts, steamed white rice, beans, and corn in a spiced creamy hatch chili broth, topped with shredded cheddar cheese and scallions.

*Add works available | Low Carb Available*

450 Cal | 32.6g Carb | 23.7g Fat | 32.6g Protein

Low Carb: 450 Cal | 32.6g Carb | 23.7g Fat | 32.6g Protein

#### **Chicken Lo Mein (DF)**

Lo mein noodles, grilled sesame chicken thighs, peas, roasted carrots, red pepper, and edamame, garnished with scallions, crushed peanuts, and a lo mein sauce.

460 Cal | 40g Carb | 26.8g Fat | 45g Protein

#### **☀️ Loaded Sweet Potato Bowl (DF)**

Roasted sweet potato chunks, cauliflower, corn, and black beans, pico de gallo, fresh cilantro, shredded Jack cheese, and a cilantro lime crema.

*Add proteins Available.*

474 Cal | 52.1g Carb | 23.5g Fat | 14.5g Protein

#### **☀️ Freshchef's Burger Bowl (GF)**

Seasoned ground beef with caramelized onions, cheddar cheese, "mac sauce," blanched green beans, and steamed white rice. Served with dill pickle slices.

*Vegetable sub available | low carb available*

480 Cal | 47.8g Carb | 16.8g Fat | 32.5g Protein

Low Carb (GF): 320 Cal | 9.1g Carb | 15.1g Fat | 43.1g Protein

### **Southwest Salmon (GF)(DF)**

A blackened, roasted salmon filet is served with a corn-and-black-bean rice pilaf, fresh lime, and chipotle cream sauce.

585 Cal | 50g Carb | 21g Fat | 52.6g Protein

Low Carb: 420 Cal | 18g Carb | 21g Fat | 50g Protein

## **Family Meal**

### **Chicken Alfredo and Broccoli Bake**

**Baked Pasta with creamy alfredo, grilled chicken, and broccoli. Served with a garden salad and Parmesan peppercorn dressing. Flour chocolate chip cookies for a sweet treat.**

**Serves 4-6**