



Monday, March 30th, 2026, Delivery

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

French Toast Bake Protein Scrambler

Cinnamon- and brown-sugar-spiced French toast bake served alongside fluffy scrambled eggs, Jones Dairy Farm Chicken Sausage links, and maple syrup.

440 Cal | 40g Carb | 14g Fat | 37g 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

 Grilled Chicken BLT

Brioche bun with lemon garlic grilled chicken breast, pepper jack cheese, Nueske's smoked bacon, sweet potato tots, and buffalo ranch.

Sub lettuce wraps for low-carb and gluten-free

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

Low Carb: 426 Cal | 19g Carb | 28g Fat | 32g Protein

****NEW** Green Chicken Enchilada Bake (GF)**

This meal is for a cause, so please check your emails.

Layers of corn tortillas stuffed with shredded chicken, cheese, sliced onions, and corn. Mixed with a savory poblano cream sauce (mild spice) and served with an extra side of tomatillo salsa and sour cream.

460 Cal | 60g Carb | 28g Fat | 45g Protein

Beef and Broccoli

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

Spring Mushroom and Asparagus Risotto (GF)

Arborio rice, shallots, garlic, white wine, vegetable stock, roasted mushrooms and onions, parmesan cheese, tender asparagus, with a choice of protein add-on.

450 Cal | 36g Carb | 18g Fat | 20g Protein

Florentine Shrimp Pasta

Roasted Shrimp sauced with a sundried tomato cream sauce with artichokes, spinach, and shaved parmesan. Served with spaghetti pasta.

Zoodles for low-carb and gluten-free | Swap Salmon Available

420 Cal | 33.4g Carb | 15.1g Fat | 39.1g Protein

Low Carb (GF): 304 Cal | 16.5g Carb | 15.5g Fat | 39g Protein

Family Meal

Marry Me Chicken

Marinated grilled chicken breast, sundried tomato cream sauce with spinach, penne pasta, and bake-at-home garlic bread.

Serves 4-6