



**Monday, April 6th, 2026, Delivery**

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

**Pretzel Breakfast Sandwich**

Miller Pretzel Bun, thick hand-cut carved ham, scrambled egg, served with arugula, roasted Roma tomatoes, and herbed cream cheese spread for extra flavor!

451 Cal | 28.6g Carb | 23.4g Fat | 33g Protein

**Grilled Vegetable Grain Bowl**

A spring and summer seasonal grain bowl rich in fiber and protein features white rice, barley, kale, farro, quinoa, grilled yellow squash, zucchini, red bell peppers, red onions, and asparagus. Served with a sweet garlic vinaigrette.

*Add the proteins available*

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

**\*\*NEW\*\* Chicken Carbonara**

A classic with spaghetti pasta, peas, bacon, chicken breast, cream sauce, and topped with parmesan cheese.

*Gluten-free pasta available*

487 Cal | 41g Carb | 22g Fat | 31g Protein

Low Carb (GF): 285 Cal | 18g Carb | 2g Fat | 31g Protein

 **Chicken Mushroom Bruschetta (GF)**

Marinated chicken breast topped with a mushroom bruschetta - mushrooms, caramelized onions, lemon juice, and diced tomatoes. Topped with an herb cream cheese and served with steamed white rice.

*Low-carb available*

452 Cal | 48g Carb | 17g Fat | 34g Protein

LOW CARB - 316 Cal | 18g Carb | 17g Fat | 33g Protein

 **Burger Bowl Salad (GF)**

Organic Spring Mix, caramelized onion and beef protein, grape tomato, cucumber, shredded cheddar cheese, and dill pickles, served with a sweet-and-savory "mac" sauce.

445 Cal | 12g Carb | 31.9g Fat | 27.2g Protein

**Roasted Salmon "Sushi" Bowl (GF)(DF)**

Teriyaki roasted salmon. Steamed white rice, pickled cucumbers, carrots, red cabbage and sriracha mayo.

*Sub cauliflower rice for low-carb*

433 Cal | 41.6g Carb | 4.6g Fat | 30.9g Protein

# **Soup**

## **Chicken Poblano**

**Cream-based soup with roasted poblanos, corn, and grilled chicken.**