



Monday, April 13th, 2026, Delivery

☀️ **A Freshchef Favorite**
(GF)/(DF) = Gluten Free / Dairy Free

☀️ **Grilled Steak Breakfast Burrito**

Roasted beef tenderloin, caramelized onions, roasted peppers, cheddar cheese, scrambled eggs. Jack's Salsa Cantina salsa

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

Southwest Seasonal Grain Bowl (DF)

A Southwest warm grain bowl loaded with veggies and fiber. It includes rice, barley, quinoa, kale, roasted sweet corn, seasoned black beans, pico de gallo, and bell peppers. The bowl is served with a sweet chipotle vinaigrette.

Add proteins available

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

Cajun Chicken Pasta

Grilled chicken breast with a Cajun cream sauce, penne pasta, andouille sausage, fresh diced tomato, and scallions.

Gluten-free and low-carb options available

565 Cal | 42g Carb | 28g Fat | 32g Protein

☀️ **Greek Chicken (GF)**

Grilled Chicken breast served with steamed white rice, grilled vegetables (zucchini, squash, bell peppers, red onions, roasted carrots), and tzatziki sauce.

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

Freshchef Vegetarian Lasagna

It's a classic loaded with veggies: green and yellow grilled zucchini, roasted onions, sweet peppers, and mushrooms, layered with our fresh marinara, white cream sauce, ricotta, roasted garlic, and mozzarella cheese, served with steamed broccoli.

650 Cal | 72g Carb | 20g Fat | 28g Protein

☀️ **Pork Carnitas (GF)**

Slow-braised pork shoulder, blanched broccoli, roasted carrots, steamed white rice, bell peppers, tomatillo salsa, cotija cheese, and chives.

Sub cauliflower rice for low-carb

478 Cal | 40.6g Carb | 19.1g Fat | 31.7g Protein

 **Bourbon Glazed Roasted Salmon (GF) (DF)**

A herb-and-garlic-marinated salmon filet, glazed with tangy bourbon sauce, is served with blanched green beans, roasted potatoes, and bagel seasoning.

Sub cauliflower rice for low-carb

454 Cal | 42.5g Carb | 15.2g Fat | 40.8g Protein

Low Carb (GF): 369 Cal | 21.4g Carb | 15.5g Fat | 39.8g Protein

Soup

Cream of Mushroom (GF)

Cream-based soup with roasted wild mushrooms, wild rice, carrots, celery, onions, butter, and cream.