



## Monday, April 20th, 2026, Delivery

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

**\*\*NEW\*\* Pancake Breakfast Bites**

Four baked pancake bites with Jones Chicken Sausage and served with REAL Maple Syrup.  
*Add fruit available.*

600 Cal | 65g Carb | 18g Fat | 22g Protein

☀️ **Chef's Seasonal Grain Bowl (DF)**

This seasonal grain bowl, loaded with fiber and protein, consists of white rice, barley, kale, farro, quinoa, shredded Brussels sprouts, roasted sweet potato, cranberries, and roasted chickpeas. It is served with a honey-lime-and-herb vinaigrette.

*Add proteins available*

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

**Lemon Grilled Chicken and Couscous**

Lemon-pepper-grilled chicken breast served with a couscous salad of sun-dried tomatoes, roasted artichokes, THE BEST black olives, grilled red onions, fresh basil, lemon, and parsley, dressed with a Mediterranean vinaigrette.

444 Cal | 48g Carb | 15g Fat | 30g Protein

☀️ **Homestyle Chicken (GF)**

Freshchef grilled chicken topped with chicken gravy, green beans, sweet baby carrots, and mashed potatoes.

428 Cal | 52g Carb | 18g Fat | 39g Protein

**Low Carb (GF):** 380 Cal | 26.9g Carb | 18g Fat | 39g Protein

**\*\*NEW\*\* Cuban Black Bean Stew (GF) (DF)**

Slowly roasted pork served with Cuban-style black beans, steamed white rice, and fresh lime. Topped with fresh cilantro, pickled red onions, and tomatoes.

*Sub cauliflower rice for low-carb*

489 Cal | 41g Carb | 24g Fat | 42g Protein

☀️ **Loaded Potatoes (GF)**

Roasted Yukon spiced potato wedges loaded with taco-seasoned ground beef and pork, mixed jack and cheddar cheeses, pico de gallo, and sour cream.

402 Cal | 25.8g Carb | 21.8g Fat | 36.5g Protein

### 🌟 Shrimp Fried Rice (DF)

Ginger-and-garlic-roasted shrimp, steamed white rice, mixed vegetables: carrots, peas, red bell peppers, corn, and zucchini. Served with a teriyaki sauce, sesame, and scallions.

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

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