



Monday, April 27th, 2026, Delivery

☀️ *A Freshchef Favorite*

(GF)/(DF) = Gluten Free / Dairy Free

Steak Egg and Cheese Bagel

Plain bagel, grilled steak tenderloin, fried egg patty, caramelized onions, cheddar cheese, chipotle aioli, served with arugula and roasted Roma tomatoes.

556 Cal | 41.3g Carb | 20.3g Fat | 30.4g Proteins

****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 | Dairy-free options available

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

Chicken Marsala Pasta

Rigatoni pasta topped with grilled chicken breast, roasted mushrooms, and onion marsala wine sauce, parsley, and herb cream cheese spread. YUM!

Gluten free available

545 Cal | 42g Carb | 26g Fat | 32g Protein

Low Carb (GF): 322 Cal | 11.2g Carb | 26g Fat | 31g Protein

☀️ **BBQ Grilled Chicken (GF)(DF)**

Grilled chicken leg quarter served with roasted sweet potato and sweet corn succotash: sweet corn, roasted sweet potatoes, onions, poblanos, bell peppers, cilantro, lime juice, and black beans.

Sub chicken breast available | cauliflower rice for low-carb

512 Cal | 34.2g Carb | 20.3g Fat | 48.7g Protein

****NEW** Steak and Potatoes (GF)(DF)**

Roasted beef tips with a herb chimichurri, Yukon roasted potatoes, and blanched broccoli.

556 Cal | 51g Carb | 26.2g Fat | 40g Protein

Low Carb (GF): 384 Cal | 18.2g Carb | 26g Fat | 40g Protein

Curry Vegetable Pasta (DF)

Bow-tie pasta, dairy-free yellow curry sauce, peas, corn, grilled zucchini, diced carrots, red bell pepper, chopped cilantro, scallions, and fresh lime. psst... **Add the shrimp :**)

Gluten-free pasta available

343 Cal | 63.2g Carb | 6.7g Fat | 11g Protein

Chicken : 443 Cal | 64.2g Carb | 8.7g Fat | 33g Protein

****NEW** Bang Bang Salmon (GF)(DF)**

Roasted salmon filet served with green beans, seasoned white rice, bang bang sauce for dipping, and garnished with scallions.

Sub cauliflower rice for low-carb

312 Cal | 30g Carb | 9.4g Fat | 27g Protein

Low Carb (GF): 247 Cal | 15.5g Carb | 9.2g Fat | 26.9g Protein