



## Monday, June 8TH, 2026, Delivery

### ☀️ *A Freshchef Favorite*

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

### ☀️ **Meat Lovers Breakfast Burrito**

Flour tortilla, scrambled eggs, smoked ham, bacon, breakfast sausage, shredded cheddar cheese, and chipotle aioli dipping sauce.

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

### **Freshchef 7 Layered Salad (GF)**

*A Freshchef favorite.* Organic Spring Mix and crisp romaine, roasted corn, peas, red bell pepper, bacon, cheddar cheese, scallions, creamy herbed dressing.

*Add chicken, steak or shrimp available*

403 Cal | 28.7g Carb | 26.9g Fat | 15.5g Protein

### ☀️ **Chicken Marsala (GF)**

Grilled Chicken breast with a creamy mushroom-Marsala wine sauce, grilled vegetable medley, and roasted red-skin potatoes.

*Low Carb and vegetable swap available*

467 Cal | 46.9g Carb | 17.3g Fat | 35.2g Protein

*Low Carb (GF): 255 Cal | 16.3g Carb | 8.7g Fat | 33g Protein*

### ☀️ **Chicken Teriyaki w/ Pineapple**

Tender grilled teriyaki chicken thighs with steamed white rice, fresh mixed veggies, roasted pineapple, and extra teriyaki glaze on the side.

*Sub cauliflower rice for low-carb*

430 Cal | 32g Carb | 15g Fat | 38g Protein

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

### **\*\*NEW\*\*** ☀️ **Honey Mustard Grilled Pork Chop (GF)**

Marinated boneless 6oz grilled pork chop, served with a sweet-and-tangy mustard sauce, green beans, roasted carrots, and mashed potatoes.

*Opt for cauliflower rice for a low-carb alternative.*

457 Cal | 63.3g Carb | 12.1g Fat | 38.9g Protein

**\*\*NEW\*\* 🌟 Shrimp Fajitas (GF)**

Spiced roasted shrimp served with a grilled vegetable fajita blend, cilantro lime steamed white rice, salsa verde, and a fresh lime wedge.

*Add tortillas available*

468 Cal | 36.9g Carb | 16.6g Fat | 41.5g Protein

Low Carb: 363 Cal | 15.9g Carb | 16.1g Fat | 38g Protein

## **Weekly Specials**

Blueberry Almond - Overnight Oats (GF)

Bulk - Honey Mustard Pork Chops (GF)

Chicken and Bacon Caesar Pasta Salad