



Monday, June 22nd, 2026, Delivery

☀️ *A Freshchef Favorite*

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

Bacon Cheddar Egg Bites (GF)

A Freshchef Original Gangster. Four egg bites with whole eggs, smoked applewood bacon, shredded cheddar cheese, and scallions. Served with Tomato Salsa.

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

Freshchef Steak Salad (GF)

Organic Spring Mix, lemon-garlic-grilled sirloin, roasted corn, pickled red onions, sweet cherry tomatoes, cucumbers, served with a creamy horseradish-peppercorn dressing.

Protein swap available. Dairy-free available

362 Cal | 15.5g Carb | 29.9g Fat | 10.8g Protein

Basil Chicken Pasta

Marinated and roasted chicken breast, penne pasta, balsamic marinated tomatoes, mozzarella cheese, basil aioli.

Gluten-free for low carbs available

396 Cal | 30.6g Carb | 29.6g Fat | 20.5g Protein

Low Carb: 329 Cal | 11g Carb | 16.2g Fat | 35.6g Protein

****NEW** ☀️ Chicken Tikka Masala**

Tender grilled chicken breast smothered in a savory butter-curry sauce and served with blanched broccoli and saffron rice.

Low Carb 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's Burger Bowl (GF)

Seasoned ground beef with caramelized onions, cheddar cheese, "mac sauce," blanched green beans, and steamed white rice. Served with dill pickle slices.

480 Cal | 47.8g Carb | 16.8g Fat | 32.5g Protein

Low Carb (GF): 320 Cal | 9.1g Carb | 15.1g Fat | 43.1g Protein

Jalapeño Popper Salmon gf

Herb and garlic marinated salmon fillet, topped with jalapeño, sundried tomato, and artichoke cream cheese. Blanched broccoli and roasted potatoes.

Mild spice

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

Low Carb: 329 Cal | 13.1g Carb | 15g Fat | 38.2g Protein