



Monday, July 6th, 2026, Delivery

 A Freshchef Favorite

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

Cafe BLT

A Freshchef Cafe favorite: Tomato Focaccia, crispy applewood smoked bacon, scrambled eggs, mozzarella cheese, and herb aioli. Served with fresh Fruit.

456 Cal | 41.3g Carb | 20.3g Fat | 20g Proteins

Spinach Berry Salad (GF)

Spinach and romaine lettuce mix, fresh blueberries, cranberries, cucumbers, grape tomatoes, feta cheese, and sweet-and-tangy pickled red onions. Served with our basil vinaigrette.

Add protein options available

541 Cal | 41.7g Carb | 30.7g Fat | 26.4g Protein

 Chicken Alfredo

FreshChef marinated grilled chicken breast, smothered with our chicken-based Alfredo sauce, served with broccoli florets, penne pasta, and shaved Parmesan.

Sub zoodles for low carb | Add shrimp available | Gluten-free Pasta

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

Low Carb (GF): 340 Cal | 12.2g Carb | 20g Fat | 48g Protein

Wisconsin Poutine (GF)

You heard that right! Diced sweet and red skin potatoes, slow-braised pork shoulder, Wisconsin cheese curds, cheddar cheese, gravy, and chopped scallions.

417 Cal | 30.7g Carb | 16.6g Fat | 35.4g Protein.

Sweet Corn and Tomato Risotto (GF)

Arborio rice, shallots, garlic, white wine, vegetable stock, sweet corn, roasted poblano relish, sun-dried tomatoes, and shredded parmesan cheese.

450 Cal | 36g Carb | 18g Fat | 20g Protein

****NEW** Bang Bang Shrimp (GF)(DF)**

8 pcs Perfectly roasted jumbo shrimp served alongside blanched broccoli, seasoned white rice, bang bang shrimp sauce for dipping, and garnished with scallions and bell pepper.

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

Weekly Specials

Freshchef's Hard-Boiled Egg Salad

Grilled Ribeye, with Truffle Butter

Elote Street Corn Salad w/ Bacon