



Monday, July 20th, 2026, Delivery

🌟 A Freshchef Favorite

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

🌟 Breakfast Tots (GF)

Baked sweet potato puffs loaded with scrambled eggs, smoked ham, and cheddar cheese served with a fresh salsa.

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

🌟 Southwest Seasonal Grain Bowl

A Southwest warm grain bowl loaded with veggies and fiber. It includes rice, barley, quinoa, kale, roasted sweet corn, seasoned black beans, pico de gallo, and bell peppers. The bowl is served with a sweet chipotle vinaigrette.

Add proteins available

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

🌟 Chicken Pomodoro Pasta

A classic! Freshchef grilled chicken, spaghetti, fresh basil pomodoro sauce, angel hair pasta, extra-virgin olive oil, and shaved parmesan cheese.

Gluten-free pasta available | Add shrimp available

510 Cal | 32g Carb | 18g Fat | 46g Protein

Chicken Bacon and Ranch (GF)

Herb- and garlic-marinated chicken breast, bacon, cheddar cheese, blanched green beans, and roasted Yukon potatoes. Served with a side of Freshchef Protein Ranch.

513 Cal | 33.6g Carb | 28.8g Fat | 30.6g Protein

Low Carb: 440 Cal | 13.6g Carb | 28.8g Fat | 30.6g Protein

🌟 Turkey "Egg Roll" In a Bowl

Ginger-garlic ground turkey breast, roasted cabbage, corn, carrots, green beans, red bell pepper, steamed white rice, sesame seeds, and scallions, served with sweet chili mayo.

506 Cal | 32g Carb | 20g Fat | 34g Protein

Mediterranean Salmon (GF)

Roasted salmon filet served with white rice, roasted vegetables, chickpeas, and tzatziki sauce.

485 Cal | 50g Carb | 21g Fat | 52.6g Protein

Low Carb: 320 Cal | 18g Carb | 21g Fat | 50g Protein

Weekly Specials

Garlic Butter Shrimp with Lemon

Freshchef Potato Salad