



Monday, July 13th, 2026, Delivery

☀️ *A Freshchef Favorite*

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

☀️ **Pancake Breakfast Bites**

Four baked pancake bites with Jones Chicken Sausage, served with REAL Maple Syrup.

Fruit available

600 Cal | 65g Carb | 18g Fat | 22g Protein

The Italian Stallion Salad (GF)

Organic spring mix and romaine, hard salami, garbanzo beans, green bell pepper, cucumber, cherry tomatoes, mozzarella cheese, and pickled red onions. Served with an Italian vinaigrette.

487 Cal | 29.6g Carb | 30.4g Fat | 27.1g Protein

☀️ **Bourbon Chicken (GF)**

Marinated grilled chicken thighs tossed in a tangy bourbon glaze and topped with bagel seasoning, served with blanched broccoli, roasted carrots, and steamed white rice.

Low Carb | Protein Options available

428 Cal | 55.8g Carb | 18g Fat | 32.2g Protein

Low Carb (GF): 380 Cal | 26.9g Carb | 18g Fat | 59g Protein

☀️ **Beef Bolognese w. Tortellini**

A freshchef classic -- Simmered beef bolognese with red wine, carrots, celery, onions, tomato sauce, and cream. Served with a bed of tortellini pasta and topped with mozzarella, parmesan cheese, and fresh parsley.

Gluten-free pasta is available

480 Cal | 67.8g Carb | 26.8g Fat | 38.5g Protein

Low Carb (GF): 320 Cal | 9.1g Carb | 26g Fat | 38g Protein

☀️ **Loaded Sweet Potato Bowl (GF)**

Roasted sweet potato chunks, cauliflower, corn and black beans, pico de gallo, fresh cilantro, shredded Jack cheese, and a cilantro lime crema.

Add proteins Available.

474 Cal | 52.1g Carb | 23.5g Fat | 14.5g Protein

☀️ ****NEW** Shrimp Curry (GF)**

Roasted Shrimp in a coconut curry broth, grilled vegetables, broccoli, fluffy steamed white rice, and fresh scallions.

Sub cauliflower rice for low-carb

420 Cal | 36g Carb | 28g Fat | 36g Protein

Weekly Specials

Summer Pasta Salad

Dill Pickle Chicken Salad