

# CHOPT

## DESTINATION AMERICAN SOUTH

### NASHVILLE HOT CHICKEN CAESAR 🥗

Nashville hot chicken, dill-pickled green beans, celery, biscuit bottom crackers, southern lettuce blend, romaine with Buttermilk Chive Caesar Dressing

### CREOLE SHRIMP BOWL 🍲

Creole shrimp, bacon corn salad, dill-pickled green beans, scallions, savory cabbage, chopt lettuce blend with Creamy Remoulade Dressing 🥗

### CAROLINA HARVEST GRAIN BOWL 🍲

Carolina hoop cheddar, wheatberry quinoa blend, local apples, roasted seasonal squash, southern lettuce blend, toasted pecans with Local Apple Vinaigrette 🍏

## NUTRITIONAL INFORMATION

DESTINATION SALADS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
NASHVILLE HOT CHICKEN CAESAR	1 SALAD	510	240	27	4.5	0	55	880	42	8	6	25	350	45	25	25
CREOLE SHRIMP BOWL	1 BOWL	270	80	9	2	0	150	2050	25	9	6	25	200	230	25	15
CAROLINA HARVEST GRAIN BOWL	1 BOWL	510	240	27	7	0	30	870	58	13	10	17	400	90	20	20

  

FEATURED CHOPPINGS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
CREOLE SHRIMP	70g	80	10	1	0	0	145	1510	1	0	0	16	4	0	6	2
NASHVILLE FRIED CHICKEN	115g	370	210	24	3	0	50	250	18	1	2	20	4	0	10	8
BACON CORN SALAD	55g	110	60	7	1.5	0	10	135	8	1	1	4	2	10	0	2
DILL-PICKLED GREEN BEANS	1oz	5	0	0	0	0	0	330	1	1	0	0	0	0	2	2
BISCUIT BOTTOM CRACKERS	.75oz	90	25	3	2	0	5	200	14	1	1	1	2	0	0	4
CAROLINA HOOP CHEDDAR	1oz	110	80	9	5	0	30	180	0	0	0	7	0	0	0	0

  

FEATURED DRESSINGS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
BUTTERMILK CHIVE CAESAR DRESSING	2TBL	90	80	8	1.5	0	5	190	1	0	1	1	2	2	4	0
CREAMY REMOULADE DRESSING	2TBL	140	130	15	2.5	0	10	390	1	0	0	0	2	6	0	0
APPLE VINAIGRETTE	2TBL	120	110	12	1	0	0	190	2	0	1	0	0	0	0	0

## FOOD ALLERGIES + SPECIAL DIETARY NEEDS

### IMPORTANT FACTS TO HELP YOU CHOOSE

- All foods have been prepared in a facility that processes dairy, eggs, fish/shellfish, peanuts, tree nuts, sesame, soy and gluten.
- All Chopt dressings are gluten-free. Unless otherwise stated, all fruits and vegetables are gluten-free. See chart for any other items that fall within this category.
- All cheeses are pasteurized.

### VEGAN/VEGETARIAN OPTIONS

Chopt has loads of options for vegetarian and vegan eaters, including all our vegetables, fruit and nut choppings, as well as our chickpea falafel and organic tofu. All beans, seeds, grains and grain blends are vegan. See chart for our 13 vegan dressings.

DESTINATION SALADS	DAIRY	EGGS	FISH/SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
NASHVILLE HOT CHICKEN CAESAR	✓							✓		✓	✓
CREOLE SHRIMP BOWL			✓							✓	✓
CAROLINA HARVEST GRAIN BOWL	✓				✓						

  

FEATURED CHOPPINGS	DAIRY	EGGS	FISH/SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
CREOLE SHRIMP										✓	✓
NASHVILLE FRIED CHICKEN	✓							✓		✓	✓
BACON CORN SALAD										✓	✓
DILL-PICKLED GREEN BEANS									✓		
BISCUIT BOTTOM CRACKERS	✓							✓			
CAROLINA HOOP CHEDDAR	✓										

  

FEATURED DRESSINGS	DAIRY	EGGS	FISH/SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
BUTTERMILK CHIVE CAESAR DRESSING	✓	✓					✓			✓	✓
CREAMY REMOULADE DRESSING	✓	✓					✓			✓	✓
APPLE VINAIGRETTE									✓		