

# CHOPT

## DESTINATION MEXICO

### MEXICAN STREET CORN CAESAR

Grilled chicken, Mexican street corn, pickled red onions, spiced pepitas, romaine, kale, purple cabbage & cilantro with Cotija Herb Caesar

### SPICY VERDE CHICKEN BOWL

Braised spicy tomatillo chicken, quinoa hominy blend, roasted seasonal squash, spicy pickled vegetables, kale, purple cabbage & cilantro with Limon Vinaigrette + a drizzle of Mexican Chile Oil

### MEXICAN GODDESS BOWL

Avocado, Mexican street corn, spicy pickled vegetables, seasonal radish, Chopt blend, spiced blue corn tortilla chips with Mexican Goddess + a wedge of lime

## 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)
MEXICAN STREET CORN CAESAR	1 SALAD	410	160	17	5.5	0	90	885	25	8	6	42	380	98	29	30
SPICY VERDE CHICKEN BOWL	1 BOWL	330	115	12.5	1.5	0	75	905	38	9	7	21	457	193	16	20
MEXICAN GODDESS BOWL	1 BOWL	370	185	19.5	5	0	15	500	39	8	4	12	135	172	23	10
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)
MEXICAN STREET CORN	2oz	110	60	6	3.5	0	15	320	9	1	0	6	8	6	15	2
PICKLED RED ONIONS	1oz	15	0	0	0	0	0	320	3	0	2	0	0	2	0	0
SPICED PEPITAS	0.5oz	80	60	7	1	0	0	40	2	1	0	4	2	0	0	8
SPICY PICKLED VEGETABLES	1.5oz	10	0	0	0	0	0	95	2	1	1	0	25	20	0	0
SPICED BLUE CORN TORTILLA CHIPS	.75oz	110	40	4.5	0	0	0	45	15	0	0	2	0	0	0	0
SEASONAL RADISH	1oz	5	0	0	0	0	0	10	1	0	1	0	0	6	0	0
BRAISED SPICY TOMATILLO CHICKEN	3oz	140	70	8	1.5	0	75	340	1	0	1	15	2	8	2	4
QUINOA HOMINY BLEND	2oz	70	15	2	0	0	0	100	12	1	0	2	0	0	0	4
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)
COTIJA HERB CAESAR	30g	110	110	12	2	0	10	180	1	0	0	1	8	2	2	2
LIMON VINAIGRETTE	30g	150	140	16	1.5	0	0	200	2	0	1	0	0	8	0	0
MEXICAN CHILE OIL	15g	100	90	11	1	0	0	45	2	0	0	1	10	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 9 vegan dressings.

DESTINATION SALADS	DAIRY	EGGS	FISH/SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
MEXICAN STREET CORN CAESAR	✓									✓	✓
SPICY VERDE CHICKEN BOWL										✓	✓
MEXICAN GODDESS BOWL	✓										✓
FEATURED CHOPPINGS	DAIRY	EGGS	FISH/SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
MEXICAN STREET CORN	✓										
PICKLED RED ONIONS									✓		✓
SPICED PEPITAS									✓	✓	✓
SPICY PICKLED VEGETABLES									✓	✓	✓
SPICED BLUE CORN TORTILLA CHIPS									✓		✓
SEASONAL RADISH									✓		
BRAISED SPICY TOMATILLO CHICKEN										✓	✓
QUINOA HOMINY BLEND									✓		
FEATURED DRESSINGS	DAIRY	EGGS	FISH/SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
COTIJA HERB CAESAR	✓	✓					✓			✓	
LIMON VINAIGRETTE										✓	
MEXICAN CHILE OIL									✓	✓	✓

For information on our classic and customer craft menu offerings, please see our Nutritional PDF and Special Dietary Needs PDF at [www.choptsalad.com](http://www.choptsalad.com).