

CHOPT

DESTINATION AMERICAN ROAD TRIP

NASHVILLE HOT CHICKEN CAESAR 🌿

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

CAPE COD SHRIMP ROLL SALAD

Wild-caught shrimp, heirloom tomatoes,
pickled radishes, celery, oyster crackers,
summer lettuce blend, romaine with
Green Goddess Dressing

KEY WEST JERK CHICKEN SALAD

Spicy jerk chicken, heirloom tomatoes,
fresh jicama with lime, crispy shallots,
summer lettuce blend, romaine with
Creamy Habanero Dressing 🌿

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	570	260	29	6	0	65	660	53	8	7	27	410	30	25	35
KEY WEST JERK CHICKEN SALAD	1 BOWL	240	40	4.5	1.5	0	70	420	23	8	11	29	380	70	10	20
CAPE COD SHRIMP ROLL SALAD	1 BOWL	220	35	4	.5	0	150	1010	26	7	7	21	390	45	15	15

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)
JERK CHICKEN	93g	160	25	3	1	0	70	400	5	0	4	25	0	0	2	4
NASHVILLE HOT CHICKEN	114g	360	200	23	2.5	0	50	340	18	1	2	19	4	0	15	10
CRISPY SHALLOTS	8.5g	10	5	0.5	0	0	0	0	2	0	1	0	0	2	0	0
PICKLED RADISH	22g	15	0	0	0	0	0	220	2	0	1	0	0	2	0	0
BISCUIT BOTTOM CRACKERS	28g	150	45	5	3	0	15	70	22	1	1	4	4	0	0	8
OYSTER CRACKERS	140g	60	15	2	0	0	0	55	10	0	0	1	0	0	0	0
JICAMA WITH LIME	57g	25	0	0	0	0	0	0	6	3	1	0	0	25	0	2
DILL-PICKLED GREEN BEANS	28g	20	0	0	0	0	0	200	4	1	1	1	6	10	2	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)
BUTTERMILK CHIVE CAESAR	30g	90	80	8	1.5	0	5	190	1	0	1	1	2	2	4	0
CREAMY HABANERO DRESSING	30g	130	130	14	2	0	10	250	1	0	1	0	2	2	0	0
GREEN GODDESS DRESSING	30g	110	100	11	2	0	10	260	1	0	0	0	4	8	2	2

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
NASHVILLE HOT CHICKEN CAESAR	✓								✓		✓	
KEY WEST JERK CHICKEN SALAD											✓	✓
CAPE COD SUMMER ROLL SALAD				✓					✓			

FEATURED CHOPPINGS	DAIRY	EGGS	FISH	SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
JERK CHICKEN											✓	✓
NASHVILLE HOT CHICKEN	✓								✓		✓	
CRISPY SHALLOTS										✓		✓
PICKLED RADISH										✓		
BISCUIT BOTTOM CRACKERS	✓								✓			
OYSTER CRACKERS									✓	✓		
JICAMA WITH LIME										✓		
DILL-PICKLED GREEN BEANS										✓	✓	✓

FEATURED DRESSINGS	DAIRY	EGGS	FISH	SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
BUTTERMILK CHIVE CAESAR	✓	✓						✓			✓	✓
CREAMY HABANERO DRESSING		✓						✓				
GREEN GODDESS DRESSING	✓	✓						✓			✓	✓