

CHOPT

DESTINATION CALIFORNIA

SPICY SONOMA CAESAR 🌶️

Chipotle chicken, avocado, parmesan quinoa crisps, pickled cherry peppers, romaine, kale & purple cabbage with

Creamy Caesar

CHINATOWN BBQ CHICKEN SALAD

Chinese BBQ chicken, crispy rice crackers, rainbow carrots, edamame, pickled radishes, California lettuce blend, romaine with

Hot Mustard Vinaigrette 🌶️

BAJA SHRIMP BOWL

Sea to Table wild Baja shrimp, pickled radishes, spiced blue corn tortilla chips, rainbow carrots, scallions, California lettuce blend with

Baja Sauce 🌶️

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)
SPICY SONOMA CAESAR	1 SALAD	410	180	20	6	0	90	710	28	11	7	40	350	220	35	25
CHINATOWN BBQ CHICKEN SALAD	1 BOWL	440	110	12	1.5	0	60	1080	48	11	15	35	620	60	15	30
BAJA SHRIMP BOWL	1 SALAD	300	100	12	1	0	145	1300	30	6	6	20	330	50	20	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)
BAJA SHRIMP	2.5oz	90	15	1.5	0	0	145	660	2	0	0	16	10	2	6	2
CHINESE BBQ CHICKEN	3.25oz	160	30	3.5	0.5	0	60	480	8	1	7	0	0	0	2	4
PICKLED RADISH	0.75oz	15	0	0	0	0	0	220	2	0	1	0	0	2	0	0
BLUE CORN TORTILLA CHIPS	0.75oz	110	50	5	0	0	0	115	14	2	0	2	2	0	4	0
PICKLED CHERRY PEPPERS	1oz	10	0	0	0	0	0	310	2	0	0	0	0	0	0	0
CRISPY RICE CRACKER	0.75oz	90	5	.5	0	0	0	60	18	1	0	1	0	0	0	2

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)
HOT MUSTARD VINAIGRETTE	30g	90	80	9	1.5	0	5	240	3	0	2	1	0	0	2	2
BAJA SAUCE	30g	110	100	11	2	0	10	230	1	0	0	0	6	6	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
SPICY SONOMA CAESAR	✓											✓
CHINATOWN BBQ CHICKEN SALAD							✓	✓	✓			✓
BAJA SHRIMP BOWL				✓								✓

FEATURED CHOPPINGS	DAIRY	EGGS	FISH	SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
BAJA SHRIMP				✓								✓
CHINESE BBQ CHICKEN							✓	✓	✓			✓
PICKLED RADISH										✓		
BLUE CORN TORTILLA CHIPS										✓		✓
PICKLED CHERRY PEPPERS										✓		
CRISPY RICE CRACKER										✓		

FEATURED DRESSINGS	DAIRY	EGGS	FISH	SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
HOT MUSTARD VINAIGRETTE		✓						✓				
BAJA SAUCE	✓	✓						✓				✓