

CHOPT

DESTINATION GLOBAL STREET FOOD

NYC STREET CART

Chicken shawarma, roasted tomatoes, cauliflower quinoa tabbouleh, English cucumbers, pita chips, romaine, spinach, purple cabbage & cilantro with **Buttermilk Ranch (100 CALS)**
+ a drizzle of **Zhug (30 CALS)** 🍴

SPICY SINGAPORE NOODLE BOWL 🍴

Satay chicken, chilled rice noodles, pickled radishes, rainbow carrots, English cucumbers, spinach, purple cabbage & cilantro with **Chili Sambal Vinaigrette (110 CALS)** 🍴

MEDITERRANEAN HUMMUS BOWL

Hummus, spiced eggplant & chickpeas, cauliflower quinoa tabbouleh, charred red onion, feta cheese, crispy chickpeas, marinated kale with **Spicy Yogurt Goddess (50 CALS)** 🍴

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)
NYC STREET CART	1 SALAD	370	11	1.5	1.5	0	75	1920	38	10	8	35	370	90	20	40
SPICY SINGAPORE NOODLE BOWL	1 BOWL	425	340	6	6	0	75	1710	34	5	9	33	290	110	15	20
MEDITERRANEAN HUMMUS BOWL	1 BOWL	430	25.5	5	5	0	25	1665	40	8	11	14	70	80	33	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)
SHAWARMA CHICKEN	3.25oz	180	6	1	2.5	0	75	1420	5	2	0	28	15	6	6	20
SATAY CHICKEN	3.25oz	95	180	5	1	0	75	630	0	0	1	28	15	6	2	10
ROASTED TOMATOES	2oz	15	0	0	0	0	0	5	3	1	2	1	8	20	0	2
CHILLED RICE NOODLES	2oz	55	45	0	0	0	0	425	10	1	1	2	3	8	0	1
PICKLED RADISH	0.5oz	10	0	0	0	0	0	150	2	0	1	0	0	2	0	0
CAULIFLOWER QUINOA TABBOULEH	2oz	25	0	0	0	0	0	250	5	1	1	1	6	8	2	4
CRISPY CHICKPEAS	0.25oz	25	0	0	0	0	0	0	4	1	1	1	0	0	0	2
HUMMUS	2oz	140	60	10	1	0	0	300	10	2	1	4	0	0	4	4
SPICED EGGPLANT & CHICKPEAS	3oz	70	4.5	0	0	0	0	480	8	1	3	1	6	8	2	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)
SPICY YOGURT GODDESS	30g	50	45	5	0.5	0	5	250	1	0	1	1	4	8	2	0
CHILI SAMBAL VINAIGRETTE	30g	110	110	12	1	0	0	220	1	0	1	0	20	4	0	0
ZHUG	14g	30	25	3	0	0	0	35	1	0	0	0	6	10	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
NYC STREET CART									✓		✓	
SPICY SINGAPORE NOODLE BOWL											✓	✓
MEDITERRANEAN HUMMUS BOWL	✓						✓				✓	✓
FEATURED CHOPPINGS	DAIRY	EGGS	FISH	SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
SHAWARMA CHICKEN											✓	
SATAY CHICKEN											✓	✓
ROASTED TOMATOES										✓	✓	
CHILLED RICE NOODLES								✓		✓	✓	
PICKLED RADISH										✓		
CAULIFLOWER QUINOA TABBOULEH										✓		
CRISPY CHICKPEAS										✓	✓	✓
HUMMUS							✓			✓	✓	
SPICED EGGPLANT & CHICKPEAS										✓	✓	✓
FEATURED DRESSINGS	DAIRY	EGGS	FISH	SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
SPICY YOGURT GODDESS	✓	✓						✓			✓	✓
CHILI SAMBAL VINAIGRETTE								✓		✓		
ZHUG										✓	✓	